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THINK

SIDE LIGHTS

WHAT OTHERS SAY

CLINICAL CASES, etc.

GEORGE STARR WHITE
M.D.
PH.D., LL.D., F.S.S.C., LOND.
Los Angeles California

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THINK

SIDE LIGHTS
WHAT ··
·OTHERS SAY
CLINICAL··
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GEORGE STARR WHITE
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Los Angeles·· California

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THIS BOOK

Is Dedicated to those who believ in
Medical Freedom on the same
basis as Religious
Freedom

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Author of

Gide Book to Infant Feeding.
Fermented Milk in Helth and Diseas.
Light and Oxigen in Therapeutics.
Spinal Reflexology.
Lecture Course to Physicians (Seven Editions).
Prostatic Diseas and Impotency.
Plain Talks.
The Natural Way or My Work (Seventeen Editions)

Member State and County Homeopathic Medical Societies.
Associate Alumnus Cornell University.
Member Alumni Ass'n N. Y. Homeopathic Med. Col. and Flower Hosp.
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FOREWORD

It is my desire that the folloing *Side-Lights* may light the path of the reader.

I hope that *What Others Say* wil anser many of the questions that ar constantly being askt me regarding my work.

The *Clinical Cases* wil giv a faint idea of the scope of my work and how I treat diseases, folloing out the sistem fully described in the Seventeenth Edition of *"The Natural Way or My Work."*

GEORGE STARR WHITE, M.D.

November 1, 1920.
327-333 So. Alvarado St.,
Los Angeles, Calif.

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DISTINCTIV FEATURES

The *Paper* upon which this book is printed is of special finish and sepia tint to meet the requirements of the eye, as proved by the most modern experiments.

The *Type* of this book was selected by the author becaus of its legibl, caracteristic design.

The *Ink* in this book is of a special quality, and selected becaus of its indelibl and legibl caracter.

The *Illustrations* in this book ar from original pen-and-ink drawings.

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SIMPLIFIED SPELLING

Simplified spelling means progress.

The spelling in this book is made to partially conform with the 1920 Dictionary of the Simplified Spelling Board, 1 Madison Ave., New York City, and with the rulings of the American Filological Society.

This spelling is given in the Funk & Wagnalls Standard Dictionary—latest edition.

The Simplified Spelling movement was begun about thirteen years ago.

English spelling abounds in irregularities, inconsistencies, and absurdities. It is so irrational that we ar never sure how to spel a new word when we hear it, nor how to pronounce a new word when we read it.

To lern it is a prodigious feat of memory that should not be demanded of children, and that impairs the development of their reasoning powers.

To impart it exhausts the nervus energy of teachers.

Hundreds of millions of hours of scool time ar wasted every year in far from successful efforts to lern it and to teach it—the cost of which is borne by the taxpayers.

Millions of dollars in time, mony and material ar wasted yearly in riting, typeriting and printing that might be saved by dropping silent or misleading letters.

The difficulties of English spelling greatly hinder the Americanization of our foren-born population, and more than anything else prevent the use of English as an international language.

The Simplified Spelling Board has as its objects:

(1) To awaken the American public to a realization that reform in spelling is not only necessary but possibl.

(2) To point the way in which the simplification of English spelling can be best brot about.

(3) To put itself on record as recognizing that the ultimate goal of the Simplified Spelling movement is, and must truly be, a *fonetic alfabet* with enuf letters to represent at least aproximately each separate sound herd in the standard English speech.

Better spelling, better speech.

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LOS ANGELES

Los Angeles is the largest city west of St. Louis. It has a population of about 650,000 and is constantly growing. It is known the world over for its beautiful residences, deliteful climate, abundance of flowers and semi-tropical plants. Above all, from the motorist's standpoint, it can boast of having the greatest number of good auto-roads in its environments of any city in the world.

For eastern physicians, the change in cumming to this beautiful city is a rare treat; and there is always enuf in the city itself, or the surrounding places, to instruct and fascinate one when they ar not busy studying.

As a resort for invalids, probably Los Angeles is as good as any other city. The change from the cold eastern winters to the balmy climate of Southern California is in itself a boon to the overwrought and helth-seeking patient.

These ar a few salient facts to be borne in mind when taking a post-graduate course or when referring patients.

Altho most of my life has been spent in the East in or about New York City, yet I hav adopted Los Angeles, California, as my home, and in so doing I hav followd the exampl of thousands who came, saw and wer conquerd.

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INTRODUCTION

In anser to the many inquiries that I reciev regarding the scope of my work, the teaching of my work to humanity helpers, Los Angeles climate, etc., I wil make the folloing statements.

Many seem to think that I do only diagnosis. Others think my sole work is teaching physicians my original methods of diagnosis and treatment, while others hav been told that I do only public lecturing.

I teach physicians both my original methods of diagnosis and my original methods of treatment, as wel as numerus other methods of diagnosis and treatment that I hav found to be natural and helpful.

My time is so fully occupied that I cannot go out of my offis to treat.

I hav been developing fisical apparatus and sistems for treating diseas since 1882, and hav one of the most modernly equipt establishments in this cuntry for treating cronic diseas.

I take only cronic cases, and am equipt for treating twenty or more patients at one time.

I never hav, and never shal patent any apparatus or sistem for aiding humanity. Any method that I hav found to be of benefit to humanity, I am willing to teach to others.

Results, Not Theories, Count

The time has cum when the public is posted regarding "drugs" and "drugless" treatments. They ar awake to the fact that most drugs caus a diseasd condition and thus mask the real trubl. The public is being made aware of the fact that the majority of all "serums" and "vaccins" ar snakes in the gras and ultimately make them worse.

Fisical and practically drugless methods of treatment ar calld for, and the public wil hav what it wants.

Physicians do not *cure*. All any physician can ever do is to assist Nature to cure.

We must aid patients so as to allow Nature to aid them.

I never advize a surgical operation unless it be for constructiv reasons and after every means has been taken to alleviate the condition by some known modality.

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Some observers say that nine out of ten operations ar needless and could hav been avoided if the physician understood diagnosis and fisical methods—had known how to help Nature do the curing.

My work, briefly stated, is to assist physicians to assist their patients, and to assist patients to assist themselvs—all in a natural way.

A good deal has been said by varius riters regarding my original methods of diagnosing tuberculosis, cancer, sifilis, gonorrea, and other grave as wel as more simpl conditions.

Many physicians and others hav askt me how I ever hit upon such a unique method of diagnosing toxemias before any other known method can do it. All this is fully explaind and illustrated in the Seventeenth Edition of *The Natural Way or My Work.*

Erly Diagnosis

The fact that my Bio-Dynamo-Chromatic method of diagnosis enabls physicians to asertain what the trubl is before any other known method, enabls the patient to be cured rather than to be *waiting for developments, which might prove fatal.*

The plan of watching for *simptoms to develop* belongs to the dark ages. To diagnose a case at the autopsy is not at all interesting to the patient.

Private Instruction

When my time wil permit, I can arrange to giv private instruction to those interested in aiding humanity. I cannot travel to giv lecture courses as I did formerly. Therefore I hav to arrange my time for teaching physicians at my place.

My classes ar limited to ten persons, and each must hav thoroly studied from some of my books the fisics and underlying principl of my Bio-Dynamo-Chromatic method of diagnosis and treatment.

Each "course" occupies ten hours and is divided into three, four or five evenings.

The price of my regular course is $100.00. I giv individual instruction in my different lines of work and many different subjects that tend to aid humanity helpers.

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Referd Patients

Physicians who refer patients to me for diagnosis wil reciev a ritten report of my findings and when my advice is askt, I wil gladly outline the method I would pursue in treating each individual case.

If the physician desires, and the patient wishes, I wil treat the referd patient.

I like to hav the referring physician see just how I treat and lern my methods as they ar *natural methods* and cannot injure the patient.

Resident Patients

Some patients wish to liv in my establishment while being treated, and for such I hav accommodations.

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"PEP"

Vigor, Vitality, Vim and Punch—
With courage to act on a sudden hunch—
The nerv to tackl the hardest thing,
With feet that climb, and hands that cling,
And a hart that never forgets to sing—
That's Pep.

Sand and grit in a concrete base—
A frendly smile on an honest face—
The spirit that helps when another's down,
That knows how to scatter the blackest frown,
That loves its neibor and loves its town—
That's Pep.

To say "I wil"—for yu kno yu can—
To look for the best in every man—
To meet each thundering nock-out blo,
And cum back with a laf, becaus yu kno
Yu'l get the best of the whole blame sho—
That's Pep.

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Knoledge, given wings,
carries enlightenment to all mankind

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Many Read
Few Think

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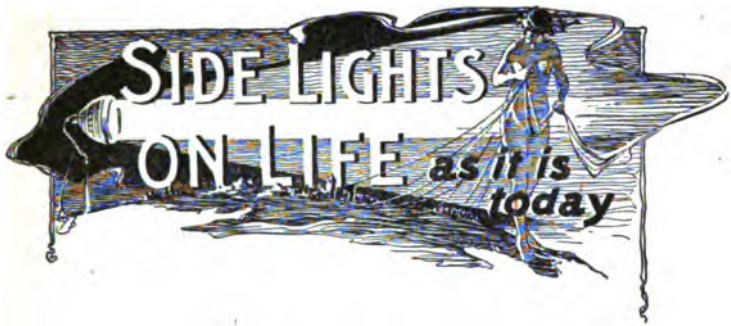

"Nature is as free from dogmatism as from tiranny; and the erliest instructors of mankind not only adopted her lessons, but as far as possibl adhered to her method of imparting them."

* * *

The faiths of the ancients wer condenst into simbols or expanded into allegories, but their thots and ideals no language ever spoken by mortal man has words to express.

* * *

"Child, tel me all about your day."

* * *

"I would stand—if I stood alone—for an America with the right to choose from time to time the company she keeps; for an America at liberty to follo her own conscience as the events of the future transpire; for an America which all the nations of the erth ar powerless to order from right doing or command to rong doing; for an America concernd for the world, but devoted first and always to the protection and welfare of her own peopl."—*Albert Baird Cummins.*

* * *

A DAILY CREED

"Think clearly, and thy thot
Shal the world's famin feed;
Speak kindly, and each word of thine
Shal be a fruitful seed;
Liv truly, and thy life shal be
A grand and nobl creed."

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A rotten eg cannot be restored to its former state of usefulness.

* * *

"Certainly it is Heven upon Erth to hav a man's mind move in Charity, rest in Providence, and turn upon the poles of Truth."

* * *

Customer in art store: I want a picture of some kind. I hav plenty of pictures of cows and of women. Something between them wil do.

Artist: How would a stone fence do?

* * *

Agent: Is the buyer in?

Maid: No, but the cellar is down stairs.

* * *

"*Reliev* your patients and '*cure*' them if yu cannot," is the old style method that is tolling the dirge for dope-giving doctors.

* * *

"Free and untrameld, with safe frontiers. America's task is to perfect America's life in America's own way. Only so can America endure."—*Senator Knox, Pa.*

* * *

"Scool authorities hav no right to force children to submit to medical examinations against the wishes of their parents." —*Judge W. T. O'Connell, Solano Co., Calif., Dec., 1919.*

* * *

Whatever the mind can conciev, it can do. *Always* believ in progress. *Never* say it can't be done. *Yu* can't do it, perhaps. Another may.

* * *

"The world is a looking glas and givs back to every man the reflection of his own face. But frown on it and it wil look sourly on yu. Laf with it and it is a jolly kind of companion. —*Thackeray.*

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"Energy wil do anything that can be done in this world; no talents, no circumstance, no opportunity wil make a two-legged animal a man without it."—*Goethe.*

* * *

TWELV THINGS TO REMEMBER

The value of time.
The success of perseverance.
The plesure of working.
The dignity of simplicity.
The worth of caracter.
The power of kindness.
The influence of exampl.
The obligation of duty.
The wisdom of economy.
The virtue of patience.
The importance of talent.
The joy of originating.

* * *

I see by one of the latest reports that owing to the "discovery" that cows ar "carriers" of diseas, apropriations ar being askt in some States for the examination of the throats of all milk cows.

I propose that we hav automobiles examind to see if they ar germ carriers. From the way some of the drivers handl their cars I think they ar pretty good sized germs, and apropriations should be allowd for exterminating them.

* * *

Once public sentiment is thoroly arousd to just what vivisection is, it wil be driven out of existence inside of a year.

* * *

A man is a pessimist when he wears both suspenders and a belt.

* * *

Anger is a mental beast that controls many. It poisons the blood of its victim and stands in the way of helth, welth, happiness and success.

Fear is in many ways similar to anger. It is a mental and

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blood poison that closes the door to helth, welth, happiness, and success.

Fear is the diseas-giving serum that nearly all so-calld "helth" boards try to inject into the public mind.

Any helth board that acts as a fear monger should be forever banisht, and a sanitary board be put in its place. The public should be taut *helth* and not fear of diseas.

* * *

Some peopl with only a cent to their name can be honestly reported as having more mony than brains.

* * *

"The world suffers more from those who hav hardening of the hart than from those who hav softening of the brain."

* * *

A person is a failure unless he has more peopl working for him than he hires.

* * *

Man cannot "break the law." It is the law that breaks the man.

* * *

Liv and *help* liv.

* * *

A PECULIAR NATURAL FENOMENON

Near Englewood, South Dakota, is one of the strangest fenomena in the world. It is a natural ice cave. This cave was dug by a prospector in serch of gold about twenty years ago. He soon abandond the drift becaus there was not enuf gold to pay for the undertaking.

This drift runs back into the mountain between 75 and 100 feet. It is six or seven feet wide and in winter is six feet high.

During the hottest summer months this drift is fild with clear, solid ice, the ice being from one to three feet in thickness, so that a man has to crawl on his hands and nees to get into the cave.

Hanging from the roof ar beautiful icicls as clear as cristal, which ar as long and thick as a man's arm. It is supposed that these began to form soon after the abandonment of the drift.

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The caus of this ice formation can be chemically explaind. There seems to be some chemical action from the warm, outer air cumming in contact with minerals or chemicals in the drift, which freezes the water ever present in such drifts. The hotter the air is outside, the colder it is inside of this cave or drift.

The farmers and other residents in the immediate vicinity get their ice from this cave.

When the thermometer registers as high as 90° F. outside of the cave, one cannot sit within ten feet of the opening of the cave without suffering from the intense cold.

Strange tho it may seem, it is a fact that during the winter the ice disappears and green gras grows all around the opening, the gras remaining until warm wether cums on when it dies and the ice takes its place.

* * *

When egs reach a dollar a dozen, the yoke is almost too hevy to bear.

* * *

It is just the additional littl margin that wins—whether in time or toil, in power or in energy, in attention or in ernings.

* * *

There is just as much room in the infinitly littl as in the infinitly great.

* * *

"Vivisection is only possibl becaus the world—so merciful and so careless—cannot endure to lern what vivisection means."

* * *

The caracter of the organism determins the caracter of function.

* * *

Mental diarrea is as fatal to a nation as colera.

* * *

A physician who is too busy to smile and say a cheering word is a failure.

* * *

Sience for sience's sake is nil.

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Constipation of the *mind* often needs correcting more than constipation of the *bowels.*

* * *

Man grows in the direction of his ideals.

* * *

True man is the expression of Nature rather than Nature being the expression of man.

* * *

"Seek comrades among the industrius, for those who ar idl wil sap your energies from yu."

* * *

Any animal in pain does not giv a normal reaction.

Any animal under anesthesia does not giv a normal reaction. Therefore it is impossibl to get any *reliabl* fisiological findings from vivisection, even *if* it wer right to torture.

* * *

No one nation can be the interpreter of the Constitution of another.

* * *

"The boy who smokes cigarets need not worry over his future—he has none."—*David Starr Jordan.*

* * *

"I hav analyzed the poison of the smoke of the cigaret. It has a violent action in degenerating the nerv centers of the brain and its action is permanent and uncontrolabl."—*Thomas A. Edison.*

* * *

"No evil in the world's history ever held as many human beings in abject slavery as does tobacco in this, the twentieth century."—*Dr. Hurty, Sec'y State B. of H., Ind.*

* * *

The longer the finger the faster the nail grows. Of the two hands the nails gro faster on the right hand of a right-handed person and faster on the left hand of a left-handed person.

* * *

Imagination is more convincing than reality.

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No one understands much about the mind. It is as misterious as Nature in many ways. I once herd a lady who was feverish and "out of her hed" repeating strange passages and sounds. I calld the matter to the attention of some one in the adjoining "flat." He at once recognized the "talk" as verses in a foren language that he had lernd by hard work to repeat in a play. The delirius lady knew nothing of the language, but had herd the sounds thru a wall while she was at work. She did not remember repeating them while she was il. How did the mind record the words? I once had a similar experience. I herd a long discourse, but thot nothing more about it. Suddenly the whole discourse came to my mind verbatim and I dictated it to a stenografer. It was red to the one who first spoke it and was said by him to be "word for word correct." Music wil be taken up often by the "unconscious mind" and repeated years afterward. How littl we kno about ourselvs! Often while we ar saying "it can't be done," it is being done by many.

* * *

THE "COLOR CURE"

Whenever I'v a notion
That I am feeling il,
I do not drink a potion,
I do not eat a pil.
A purpl tie is what I choose,
For that, I always think,
Has power to drive away the blues
And put me in the pink.

On doctors' fees I spent a
Fortune in days of old,
But now I find magenta
More curativ than gold.
And should the influenza make
Life seem devoid of hope
This winter, I shal simply take
A dose of heliotrope.

—*London Opinion.*

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"That man is great who goes forth with a firm faith in God to fight the battls of the weak, to shield the innocent and protect the poor; who knows no fear but the fear of his dishonor, and who finds his chiefest joy and greatest good in the promotion of trust in God, and the brotherhood of man."

* * *

Where there is mony there is harmony
Where mony is lacking there is discord.

* * *

In these times Public Opinion changes over nite.

* * *

Capilliario-motor Regulation—Capillaries hav contractil functions independent of the small arteries (arterioles) or large arteries.

The color of tissues and the condition of the skin and other organs depend on the action of the capillario-motor regulation.

* * *

Treating a case when a rong diagnosis is made is like steering a ship with an inaccurate compass.

* * *

False standards—Silks and kids for seven-dollar-a-week jobs.

* * *

From a monetary standpoint, it pays better to mind the train than to train the mind—compare the wages of train men to those of teachers.

* * *

The fruit is the resurrection of the dying flower into life.

* * *

When the devil turns pious, it is time to keep your sword out of its sheath.

* * *

Cancer is not a SURGICAL diseas—IT IS A MEDICAL DISEAS. Surgery NEVER cured a cancer and NEVER wil. Some of the BEST surgeons in the world hav told me so and thirty-eight (38) years of observation has PROVED the same to me.

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"THEY SAY"

"They say—"
Of course; suppose they do,
Does saying prove the story true?
Is knoledge back of what yu say,
Or is assumption holding sway
And substituting for the Truth
An error which may change the whole
Aspect of the thing yu seek to tel?

"They say—"
Ah wel, I kno they do,
But what of that, if it's not true?
Wil yu pollute your own clean mind,
Defile your hart, your own pure soul,
And bid your conscience go to sleep
By lending to the unclean thot
The credence of your nobl name?

"They say—"
Wel, why not let them say?
If this is their desire and wil,
Why lend yourself to thots unclean,
To words that cannot be recalld,
To conduct that may caus regret,
When Truth has made the error fly
And left yu with the blot and stain?

"They say—"
Why, yes, and hope it's true,
Say even worse than they told yu.
The Powers of Hel hav always said
Whate'er would sting and stain and stun
The feebl ones, who do not think
Nor make attempt, as duty calls,
To try and test by Square of Truth.

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The "Filosofy of Ignorance" is too deep for the average filosofer to fathom.

* * *

At a recent meeting of sientists, after many vaporings from the heated discussions of the "pros and cons" re some germ, a "live wire" started up the folloing which made a great "hit:" "We don't kno where we'r going, but we'r on our way." Had I been present I surely would hav started: "All drest up and nowhere to go."

* * *

Every nation is addicted to the use of some one eatabl or drink, which is peculiar to that nation. Its use may be either a blessing or a curse, depending upon the temperament of the peopl. Even a good thing can becum a curse if rongly used. America is noted for its immense consumption of refined flour and refined sugar. Both being bad for any one, their use is now telling on the American peopl. America is becumming a Nation of Histeria—a Histerical Nation. The Latins used to hav that name, but it looks as if the Americans had won the unfortunate reputation. "Watch your step!"

* * *

Colitis, or stomac and bowel catar, is the most prevalent of any diseas in so-calld, "civilized" cuntries. In direct ratio with the condition of the alimentary tract is one's susceptibility to dis-eas. Would it not be wel for the "civilized sientists" to lern from the "un-civilized naturalists" the caus of this alarming condition? *"If it's natural, it's sientific."*

* * *

Every man's note is good til he tries to get it discounted.

* * *

If cows' milk wer not a popular food for babies, some milk distributors would not be making 51% on their capital. As long as BIG mony can be made in fooling the public, just so long wil the public be foold. When the public lerns how to liv without cows' milk, some of the BIG milk combines wil go out of business. They ar parasites of the rankest type. More babies die from the *use* of cows' milk than die from the lack of it.

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Many Paris women ar wearing diamonds in the heels of their shoes. Is this what is ment by being "wel-heeld?"

* * *

"Social Unrest" may be like some other "epidemic" diseases—stops when all the "susceptibl" ones ar kild off.

* * *

Supressing free speech is like plugging up a boiling tea-kettl to keep the steam out of the room—sooner or later it "busts" and somebody is liabl to get scalded.

* * *

Thøse who design and bild jails do so with the idea that they ar for others.

* * *

"Whilst he livd he livd in clover,
When he died he died all over."

* * *

Renting a house takes cash—mostly wasted.
Renting the air takes energy—all wasted.

* * *

If yu feel sure that your frend has gon to Heven, why mourn? The materialist is the one who SHOULD mourn.

* * *

The food has much to do with a person's lying.
The food has much to do with a hen's laying.

* * *

No one can profit beyond the limit of their personal receptivness.

* * *

"Only those who observ the integrity of Nature shal enjoy her blessings and powers."—*Dr. Axel Emil Gibson.*

* * *

"Vivisection is blood-lust, screend behind the sacred name of sience."—*Elbert Hubbard.*

* * *

I hope old-fashiond truth wil again be popular. It has been "off its trolly" since 1913.

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"No one has any right to torture an animal for the purpose of obtaining 'sientific information.' 'Sientific purpose' does not excuse cruelty."—*Judge Bregy, Penn'a.*

* * *

If some of the poems we read ar the "children of a fertil brain" they should be sent to a reform scool.

* * *

Wanted: An antitoxin to prevent "The Flivver Diseas," which is very catching and striking in its caracter.

* * *

The imagination is to the soul what the telescope is to the astronomer.

* * *

Murderus wars can be declared and waged, but the ideas back of the war declaration remain the same and even worse. Ideas ar changed only thru EDUCATION. IF the nations DESIRE a change of murderus ideas, they can accomplish that desire thru EDUCATION—*never thru coercion or humiliation.*

* * *

Yu can kil persons, but yu can't kil ideas.

* * *

Hope in the "hereafter" is poor pay for a slave—one must hav *hope on erth* to be a successful candidate for the "hereafter."

* * *

"O. K." was a mark put on rum, tobacco, etc. shipt from Aux Cayes, Haiti, as an abreviated way of riting and pronouncing the name and to indicate that the goods wer of the "superior quality" which that place had the reputation of producing.

* * *

It is said that there is enuf hydrogen in the human body to inflate a balloon that would carry the body "above the clouds." I kno of lots of persons whose "hot air" wil do that now.

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Some cuntries and even some places in our U. S. A. ar passing laws to forbid persons working over eight hours a day. When laws ar past to keep us from paying rent and buying clothes, we wil all be "getting somewhere."

* * *

"Of all sad words of tung or pen,
The saddest ar these: 'It might hav been!' "

* * *

Many a hed is lamed by the fumes of fame.

* * *

"An experience is worth ten times as much as an argument."—*Elbert Hubbard.*

* * *

A child protected from the necessity of work is not safe. With the necesity—desire—for work gon, the ability to work soon flounders.

* * *

"A closer tie seems to bind vivisection to sinecures than to any other cures, and it is not without significance that gold pitilessly accumulated should be lavisht on the pitiless."—*Starry Cross Editorial.*

* * *

The Central American humming bird is no larger than a blue-bottl fly and is supposed to be the smallest bird in the world. I recently saw in my flower garden a humming bird the size of a bumbl-bee. I showd it to my little dauter (3 years old) and she exclaimed: "It costs so much to liv, it has to be small." At that rate we may expect to see *real* small peopl a few centuries hence—maybe with wings to save lether.

* * *

"To be good is nobl, but to teach others to be nobl is nobler —and les trubl."—*Mark Twain.*

* * *

The burning and destroying of books does not destroy the thots exprest in the books. Thots do not die, but they occasionally "hibernate."

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Recently a fello was arrested in AMERICA (U.S.A) for wearing a necktie of a certain color. Soon "Offisers of the Law" wil hav to be examind to see if they ar color-blind. Better wear no tie and be on the safe side if yu kno which that is.

* * *

We hear a lot about "cultivating the artistic in children," and yet the daily papers ar allowd to print the most damnabl pictures for children to see. Who's who anyhow?

* * *

Whisky mixt with strike makes dyna-mite. Dynamite mixt with anarchy makes HEL!

* * *

That fello over east, who paid $600,000 to the politicians as "incum tax," collected $1,800,000 extra in rents "to be on the safe side." Now let the THINKER tel who paid that "incum tax."

* * *

An untraind mind seeks for "facts" such as he wants them and ignores *real* facts that ar against his views.

* * *

"It is much easier to be critical than correct."—*Disraeli.*

* * *

Controlling your passions for a moment, may save yu a life of sorro.

* * *

"Peopl always combat a new idea when first presented." —*Elbert Hubbard.*

* * *

Without enthusiasm victories ar not won.
Without hatred wars ar not run.
Without a *Universal Brotherhood* peace is "done."

* * *

St. Patrick's Day always brings out a new lot of "Green Lyres" in the news papers.

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"No one knows so much about the harm of morfin as the physicians do, yet there ar more victims of morfin habit among physicians than among any les informd profession."—*Richard D. Cabot, M. D.*

* * *

No one knows more about the baneful effects of cigarets and other forms of nicotin than the physician, yet I hav seen many physicians, who would be considerd normal in intelect wer it not for the fact that they used both cigarets and tobacco.

* * *

No one knows better than the experienst physician that "sex matters" cannot and should not be taut in the public scools. "Human nature is queer stuf" and when it cums to having *politicians* pick out those who ar "qualified to teach" such a subject as "sex hygien" in the public scools—wel, let the readers think for themselvs and be redy to fight against making the public-scool *pupil* public. Bear in mind that it is the SCOOL that is public—not the pupil.

* * *

The term "PHYSICAL HYGIENE" as it is now being used in the public pres by politicians and political doctors, is a veritabl "wood pile" and has that proverbial "nigger" in it too. Beware of it! These ar unsettld times and no politician, be he an I. W. W., or any other "professional gentlman," cares a rap for the children in our scools only as so much *material* to exploit for private gains or lust.

* * *

One lerns how to do better by doing the best he knows how.

* * *

"Horse sense," like diamonds, is scarce, and for the same reason it is expensiv.

* * *

The first to pas judgment is the last to becum informd.

* * *

Most peopl sho good judgment in not taking their physician's medicin.

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Some peopl seem to think they ar thinking when they repeat a ritual.

* * *

If vivisectionists don't stop wagging their heds, dogs wil soon stop wagging their tails.

* * *

"God waits not on our convenience."

* * *

"The fear of contagion is vastly worse than all the so-calld contagious diseases."

* * *

"The 'Public' is a large body of peopl entirely surrounded by politicians."

* * *

It takes a fool to admire a fool.

* * *

A Man is a Man when he knows that down in his hart every man is as nobl, as vile, as divine, as diabolical, and as lonely as himself; and seeks to kno, to forgiv, and to love his fello man.

* * *

"The workmen die, but the work goes on."

* * *

Knoledge is the result of instruction.
Power is the result of training.
Skil is the result of experience.
Caracter is the result of right living.
Vizion is the result of "the climbing life."

* * *

Deth is only a new chapter in life. Fisical deth is nothing. We had to depart from some other life before we began the one on this erth. We feard not then, why fear now?

* * *

"Psychical reserch is the most important work which is being done in the world—by far the most important."—*Gladstone.*

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Peopl usually think that those who admire them ar the most intelligent in the world.

* * *

He who talks has more to fear than the one who remains silent, hence the talker must go wel armd.

* * *

If every one remaind silent, the world would be dum.

* * *

Don't kick the man who's down, for he may hold the kick over yu some day.

* * *

It is in Sultan to think that the "unspeakabl Turk" is to remain in Europe.

* * *

He who gards wel his own constitution, stands sentinel over a good institution.

* * *

All good things cum from Nature—all bad things cum from Her wayward children.

* * *

An Ancient Motto of Free Masons—The folloing used to be hung on the walls in Masonic Lodges. It ought to be hung in the *harts* of ALL persons as wel as in all places of worship: "Kno thyself; place thy trust in God; pray; avoid sho; content thyself with littl; hear without speaking; be discreet; fly from traitors; assist your equals; be docil to your masters; always activ and agreeabl; humbl and redy to endure hardships; lern the art of living wel, and of dying."

* * *

The unalterabl Landmarks of the Grand Geometrician of the Universe ar:

The Fatherhood of God.
The Brotherhood of Man.
The Immortality of the Soul.

Your interpretation of the words "God," "Man," "Soul," may be different than mine, yet the ESSENCE is the same.

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The Oregon hen that laid 330 egs last year surely had no "hen-peckt" husband—she kept right to business.

* * *

"Cabinet pudding" appears to be the main diet at the White House just at present.

* * *

Becaus yu don't feel wel is no reason why yu should not try to make others feel wel.

* * *

Every athlete knows that haste does not make waist.

* * *

Those who "go right" in this world may outnumber those who "go rong," but we do not hear much about them.

* * *

Anything that yu do that the majority do not do is "queer." Queer, isn't it?

* * *

A sunny smile attracts—a silly smile repels.

* * *

Many sleeveless women can stil wear their harts on their sleeves.

* * *

If success go to your hed, don't try to climb a ladder.

* * *

The "old-fashiond doctor" must again cum into new fashion. Don't yu remember that kindly, smiling face and the cheery words of consolation? Those expressions on his face and those words of good cheer did more for the sick than his home-made pils, altho his pils wer infinitly better than the "store brand." How often I hear patients who wer fortunate enuf to liv in "those good old days" of the REAL FAMILY PHYSICIAN say that most of the "city doctors" wer not *natural* enuf in their sayings and doings—that they seemd to be "putting on." Remember that the average patient knows the difference between bluf and knoledge; knows the difference between real simpathy and the "mony view." Let

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us all cultivate the CHEERFUL mood and the SMILING face. It surely wil help us as much as it surely wil our patients.

* * *

It takes about a hundred years to make slang words "honest words."

* * *

Miss Management is the greatest vampire now at large.

* * *

Striking is bad enuf, but knocking seems to be worse.

* * *

Lots of bait is often used when a cupl ar fishing for each other, but I often think that very littl bait is used on a caut fish, as I glance thru the "popular divorce column" in the big dailies. May be if more "bait" wer used on the "caut fish" they would keep better.

* * *

Commodity dealers ar so afraid of breaking prices that they keep them from falling.

* * *

If the same amount of energy that makes a grouch wer put to useful cultivation, there would be no grouch.

* * *

A yung man recently calld on me for advice. He said a big corporation had refused to employ him til he had had his tonsils removed. He said if he knew where the doctor put them when he took them out three years ago he would get them removed, but that the doctor had died and no one knew where he stored the helthy tonsils he rongly removed. What would yu advize a man under these conditions which ar as stated?

* * *

I am told that The Doctors' Union would go on strike too, if they wer not afraid that the public would soon find out how to do without doctors of any kind.

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Curing by *The Natural Way* is as old as life itself. All animals instinctivly kno how to reliev their own pain and many know how to reliev that of their yung. Some "four-legged animals" wil help their yung home when injured and wil cover the injured parts with mud, grass, dirt, or whatever is in their "line" of cure. Many animals ar "specialists" in their line of cure, or line of relieving pain. A big book could be ritten and be very interesting to sho how man is one of the last of animals to be NATURAL in the manner of cure.

Non-thinking peopl, or ignorant peopl, (many of them educated in modern colleges) often say that "Nature Cure" is a "*new* fad." Pity their ignorance! NATURE curing by humans, even, is so old that no history records when it began. Like life itself, perhaps "it did not begin, but just was."

Hippocrates, the so-calld "Father of Medicin," (a very rong notion, unless it mean "father of *modern* medicin) said "Nature, not the physician, cures." Like many other varieties of "children" "the children of the 'Father of Medicin' " hav gon far astray from their parental teaching.

NATURE, herself, gave birth to the DESIRE for *The Natural Way* in healing. Nature always looks out for Her children. She would not let them loose on any planet without giving them "instinct" as to what to do in case of accident. Some animals ar endowd with an 'instinct" that is so much more reliabl than "modern sience" that there is no comparison. The trubl with "modern sience" is that it is the outgrowth of an abnormal, or UNnatural, state of mind. It really is *dis*-ease. .Nature has been ignored.

To be "sientific" and not follo Nature is as impossibl as "swimming on dry land." When "lerned" folks get back to Nature's ways of Thinking and follo HER, they wil see the nebula clear away like snow on a warm day.

The doings of things microscopical in size is the same as the doings of things which we can see with our naked eyes. Just becaus our eyes ar not made to see the animals that swarm on the point of a needl, or that can go by millions side by side thru the eye of the smallest needl, is no sign that their habits ar any different than those of animals as large as an elefant.

NATURE works deeply and Her laws ar the same for all —big or small, microscopic or macroscopic.

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When "modern sience," so far as "sience in medicin" and the caus and cure of diseas goes, wil thro up its hands and say: "We ar all rong, we hav been misled, we want to start over again," it wil sho wisdom and be in a position to study Nature and lern from Her.

* * *

A physician was accidentally awakend by a burglar ransacking his room (before the "flu epidemic" of 1918-19). Drawing his pistol, the burglar said to the honest physician: "If yu move I wil shoot yu ded. I am hunting for mony."

"Hav a hart, frend, let me up and strike a light," said the physician, "and I wil hunt with yu."

* * *

Yu kno yu belong to the Brotherhood, when yu feel the absolute nothingness of this world of society, churches, fashion, politics, and business; and realize strongly the consciousness of the Unseen World of Truth, Love, and Beauty.—*Elbert Hubbard.*

* * *

Yu cannot empty a bucket by the same process as yu fil it.

* * *

Use your wil. It wil hew paths thru stone. Succede in spite of all obstacls, personal or otherwize.

* * *

"Cultivate free commerce and honest frendship with all nations, but make entangling alliances with none."—*Andrew Jackson.*

* * *

"Great it is to believ the dream
When we stand in youth by the starry stream:
A greater thing is to fight life thru
And say at the end, 'The dream is true.'"

—*Markham.*

* * *

It isn't *what* we do in this world that counts so much as *how* we do it.

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Yu can't treat a patient like a test tube or a guinea pig or any other animal—except a HUMAN.

* * *

It is impossibl to make some peopl see that they ar rong. If they alone sufferd it would not be so bad, but they usually make others suffer more.

* * *

All the methods now being advocated for the "control of venereal diseases" ar repetitions of methods that hav been tried and found to be failures. Camouflaging in preventing diseas shows weakness, and ignorance, and perverted minds.

* * *

Let our slogan be: "A FREE child in a FREE scool!"

* * *

Don't bild your templ of helth in a fool's paradise.

* * *

There is no royal road to freedom from venereal diseas. Raising of social habits and ideals—progressiv social improvement—experience has proved to be the only road.

* * *

"Theory must sit at the feet of experience."

* * *

"An ounce of experience is worth a ton of argument."

* * *

"A merely selfish fear does not touch the domain of morals at all."

* * *

The goat is the most helthy animal known. Get your own "goat," then; don't let any other person get it.

* * *

When the Pilgrim Fathers discoverd that Holland's form of government did not suit their ideas, they left. They did not try to overthrow the government. It would be wel if foreners in any cuntry would pattern after the Pilgrim Fathers.

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Children as wel as adults thruout the land ar being benefited by the sugar shortage. It would be hard on the doctors and undertakers if the sugar shortage kept up many years. I, for one, wish no refined sugar would ever be made. It is a curse to the nation.

* * *

Fisicists tel us that the more gaseus a substance is, the more penetrating it is. Cider must be an exception, for the harder it is the more it penetrates its victims.

* * *

Hungry nations should seek the Sandwich Islands.

* * *

Dry deserts, when wel waterd, yield the best crops. The outlook is good for the U. S. A. There's plenty of water for all.

* * *

A letter of recommendation is often given an employee to get rid of him.

A doctor often refers a patient to another doctor just to get rid of "a bad case."

* * *

Some sientists ar trying to sho why we can't see in the dark. It would take ten "foundations" of sientists to giv one an inkling as to why so few can see in the light.

* * *

"Do justis to all and submit to rong from none."

* * *

Prices do not GO up, they ar PUT up.

* * *

When the PEOPL begin to move, look out. Don't stand in the way unless yu hav to and ar prepared to take the consequences.

* * *

"The elimination of ALL stimulants would be a fine thing for the race."—*Thomas A. Edison.*

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"In my opinion ALL beverages containing caffein ar harmful."—*Harvey W. Wiley, M. D.*

* * *

"Wait not til yu ar backt by numbers. Wait not until yu ar sure of an echo from a crowd. The fewer the voices on the side of truth, the more distinct and strong must be your own."—*Channing.*

* * *

"The firefly is brilliant, but it hath no mind,
"It flutters thru existence with its hedlight on behind."

* * *

Late diagnosis—Hopeless prognosis.

* * *

To wait for a laboratory report that "Sputum is positiv" is like waiting to see what the autopsy wil sho.

* * *

Gray matter—The kind of mortar masons *used* to make.

* * *

The folloing lines wer ritten by a "lunatic," yet they ar more sane than lines usually ritten by "sane" persons:

"Yu'r Booze," he said, with a leering laf;
"And yu," said the other, "ar Drugs."
And they each sat down to tel of their joys
With many a smirky mug.

"What ho!" said Booze, "who's this 'tis here?"
And "Drugs" took a look and said,
"'Tis old Doctor Reason, damnd old fool!
He hasn't a thot in his hed."
"Go away! Go away!" the bright ones laft,
And strolled along their way.
And "Reason" died as he stood in his tracks,
For the fools had had their way.

("Drugs" personified the lunatic and "Booze" a certain lawyer.)

* * *

An undertaker's joy—The other fello's joy ride.

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The automobile that we wil find in Heven is the one that wil "go up on high."

* * *

Some folks would be calld "brave" when they hazard all they hav and their children ar calling for food. I would call them selfish fools.

* * *

Drive carefully and liv longer. Let your driving be wreckless, but not reckless.

* * *

In Texas there is a road sign which reads: "There is a private cemetery at the bottom of the hil for reckless drivers."

* * *

During the late war, California furnisht to the allied nations a larger per capita of food suplies than any other state in the Union.

* * *

Coffee and ALL coffee substitutes hav practically no food value. They ar used for the stimulation, taste, or for what is added to them to get them down.

* * *

Calling names does not refute facts.

* * *

Ignoring a fact makes it no les a fact.

The attempt to throttl an investigation is an invitation for a more thoro investigation.

* * *

"The spirit of open-mindedness and impartiality is to the intellectual world what brotherhood is to the ethical world." —*Hyslop.*

* * *

Don't clim a hil backward, merely for the plesure of looking down.

* * *

Everything that is important is simpl. All Nature's laws ar simpl.

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Possession of power breeds vanity. Vanity consumes its possessor. This immutabl law of all animal life aplies to the individual, to the organization of humans—be they professional or industrial; to all political life up to the autocrat at the hed of a nation. One only has to read the history of animal life up to and including kings to realize how true this law is.

* * *

When yu hear a watch ticking yu kno that the mainspring is working. Three forces compose the human mainspring—Self-Preservation, Reproduction, Ambition.

The only difference in the composition of the mainspring of humans and ANY other form of life, is that humans possess AMBITION. If any human does not possess AMBITION, he is on a level with any other form of life.

* * *

Let us all try to walk thru life looking FORWARD and UPWARD!

* * *

What we really DO counts in this life—not what we ar going to do.

* * *

A desire to be was made before the being. The desire to see was there before the eyes. The desire to hear was present before the ears. The desire to smel was present before the olfactory nerv was created. The desire to taste was inaugurated before the taste buds wer developt.

The desire to think was present before the formation of the brain.

Thots wer thot before words wer spoken.

The body as we see it today was developt from DESIRE of a *something* that livd before the body and wil liv on thru all time.

It matters not what name is given to that "SOMETHING."

* * *

The "high cost of living" doesn't bother the scorpion—he can liv nine months without food and as yet he has not been compeld to wear clothes.

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Work more; spend les; and quit your monky business.

* * *

The woman who traded her husband off for a fonograf becaus he had a record, lost in the bargain, for she then had to buy records.

* * *

Americans, listen! It is simply "To be or not to be"—AMERICANS!

* * *

When a Democracy is suffering from "autocratitis" all those affected should be compeld to wear masks and remain at home and be given anti-autocratic serum in ever increasing doses and then be turnd over to the undertaker for "the last rite."

* * *

"Vice is a monster of so frightful mien,
As, to be hated, needs but to be seen,
Yet seen too oft, familiar with her face,
We first endure, then pity, then embrace."—*Pope.*

* * *

"A creaking door stands long on its hinges."

* * *

Don't shoot into the air just to make a loud noise.

* * *

We kno nothing except that we kno nothing and we arn't quite sure of that.

* * *

Business men say "Charge as much as yu can." Laboring men say "Work as littl as yu can." Looks as tho folks in this littl world wer in a "dubl-cooker." Before it's all over somebody is going to get "cookt"—that's sure as daylight.

* * *

America should treat ALL of Europe as a "shel-shockt" peopl, but be watchful les a "nerv-rackt" peopl becum unmanageabl. That's the manner of handling peopl in institutions for "nervus peopl." In this connection, did yu ever

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notis that the keeper of an insane asylum sooner or later becums "a littl queer?"

* * *

Of course America was the "last to enter the war." Let us all pray that it is the LAST time she does it, too. "This reminds me"—Once I herd a woman screaming "Murder, Help! Help!" I broke in a door and was "the last to enter" to help out that family row. I grabd the man, but let go quickly—I was "the first to withdraw from the war," becaus the woman landed a chair on my neck. Helpers sometimes get hit by those helpt.—"get it in the neck," too.

* * *

Some cooks must worship their employers if "offering up burnt offerings" to any one means worshiping them.

* * *

"An unseen evil, of which only the effects ar vizibl, is more frightful than one whose dimensions ar apparent."—*Sanger.*

* * *

Good lactic acid can be made by treating with lime the liquor "sour-kraut" is made in. Lactic acid used to be made from milk as its name signifies, but it would hardly recognize its "mother" now.

* * *

A faked "mapl sirup" is now being widely advertized that is a snare and a cheat. It is made from glucose and a flavoring made from coal tar. Such "sirup" put on "griddl cakes" made of de-natured flour and coverd with oleo makes a fit morsel for the devil, but the devil would kno better than to eat it.

* * *

"To such grievances as society cannot cure, it usually forbids utterance on pain of its scorn; this scorn being only a sort of tinseld cloak to its deformd weakness."

Society, tho it pretends to seek the truth, does not want to lern the truth as many a one knows who has tried to uncover a hideous crime or sin.

"Investigating committees" usually ar "tinseld cloaks."

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The "great business man" or the "great professional man" who winds up his erthly career at from forty-five to sixty years of age, with some sistemic diseas, can hardly be calld "great" nor even "successful."

* * *

"Immunizations ar goggles for eyes that shy at the light of reason. They ar in keeping with convention's habits—excuses, for drunkenness."—*Tilden.*

* * *

Stimulation makes Energy a spendthrift. Stimulation, if it becum a habit, exhausts Energy and he dies a pauper.

* * *

Some cuntries ar said to excel America in air craft, but so far none hav exceld her in air-craft graft.

* * *

Those of the American Legion went into the World War to serv, to the end that the good old U. S. A. might continue to enjoy life, liberty, and the pursuit of happiness. Thousands of their comrads made the supreme sacrifice and now that a greater danger thretens our homes, we all as one man ar up in arms again, but this time to fight a different fight, against a greater and more powerful enemy. That enemy stalks in "good society" and in our helth boards and medical societies and in our political bodies and at the very roots of our free government. Do yu kno the "finger prints?" Do yu recognize your enemy in the midst of your frends? Any one who tries to take our freedom from us and substitute an autocracy is your enemy and my enemy. Beware lest he get his fangs in too far. Best to kil the serpent before he strikes.

* * *

Leaders who hav preacht democracy, liberty, independence of peopls, and self-determination of nations; and who denounst imperialism and militarism, but hav proved themselvs traitors to the ideals for which their subjects fought, MUST FALL. In the *last* analysis the PEOPL rule.

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The use of "incomprehensibl language" makes a man eligibl as a presidential candidate in all parties.

* * *

"Hard luck" is a poor excuse for lack of judgment, lack of discernment, and lack of vizion.

* * *

Experience is a hard teacher and the *wize* profit by the experience of OTHERS.

* * *

There is a "New Shakespeare" for every year of a man's life.

* * *

"Flowers and fruits ar always fit presents; flowers becaus they ar a proud assertion that a ray of beauty outvalues all the utilities of the world. These gay natures contrast with the somewhat stern countenance of ordinary nature; they ar like music herd out of a workhouse."—*Emerson.*

* * *

To read ten pages with a complete understanding is better than wandering thru all the works of a great author.

* * *

Many "kick the bucket" from drinking stuf with a "kick" in it.

* * *

"Do not trubl yourself too much about the light on your own statue; the light of the public square wil test its value." —*Michael Angelo.*

* * *

"He knew not what to say, and so he swore."—*Byron.*
"He knew not what to do, and so he red."—*Emerson.*

* * *

Reading to "pas away the time," is as foolish as "eating to pas away the time." Some even eat while they read and others read while they eat—either the stomac or the mind must suffer.

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There's a big difference between Promis and Performance.

* * *

Some of the worst cases of constipation, obstipation, and piles hav been cured, or relievd, by teaching the sufferer that the "toilet" is a place to "toil" along certain lines of force—not a reading room. It is very few who can do two things at a time and do them wel. A yung, would-be author once submitted his mss. to me for "review." It was all ritten on toilet paper. I askt him if he were short of paper, or why he took such a peculiar material to rite on. He said he rote the book while "at stool." I askt him if his bowels wer in good condition and he replied that they wer "excellent." I handed him back his mss. and told him to consecrate the *mss.* to the same place the paper was intended to go, for the reasons cited. This same man died yung from effects of high blood pressure.

* * *

Some years ago two opposing candidates wer up for a certain very important public offis. One of these males was wel-known as a *very* bad man in every sense of the term. Even the newsboys knew how degraded he was. The other male was a great "church man"—in fact he attended all churches and was a "pius mixer." He askt me if I would work for his nomination. I told him NO. I told him I was going to work for the REAL bad chap. I said to him: "I happen to kno some of your private life and there ar a few others who kno it, too. I prefer a REAL devil—one that wil be watcht by ALL rather than a hippocrit whom only a few wil watch." Wel, the hippocrit was elected by "church peopl" and my frends put me down as a "tender-foot" for being "led" to work for the REAL bad chap. I had to wait seven years to hav my motiv understood and I had to work seven long years to help put the hippocrit where he really belongd,—but "he got his" in time and died without a frend. The REAL devil has "past on" too, but really he did hav a REAL big funeral. "The mils of the gods" * * * etc.

* * *

Many years ago there was a great, big "mad-dog scare" in a city I was living in at the time. The dog bit several other dogs that got in its way. It also snapt at many boys as it went

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tearing thru the streets. A "brave offiser" shot the dog and the bitten dogs wer also kild. One boy was bitten on the hand and he was rusht to the "Pasteur Institute" in New York City for "preventiv" treatment. I got the "mad dog" that was shot to examin it. I found a sharp tack imbedded in his rump just under the tail. Some one had placed the tack there and the more the dog prest his tail down, as they naturally do, the more the tack was driven into the flesh. Is it any wonder that the poor animal was "mad?"

* * *

"Who knoweth the *spirit* of *man* that goeth *upward*, and the *spirit* of the *beast* that goeth *downward* to the erth?"—*Eccl. 3-21.*

* * *

Autocracy appears to be a "communicabl," contagious, diseas. Let an antitoxin be developt and tried out on the "carriers!"

* * *

The one who walks with his hed down to "try to find something" loses infinitly more than he ever finds.

* * *

Straitening out bent pins indicates thrift for *pins* but not for time.

* * *

Diseas is Nature's method of bringing uncleanness to the surface. Every diseas is the elimination of filth. There is no question about it.

* * *

Lice ar "catching" if one cum in close contact with one who has lice. Gonorrea is "catching" if one bring thin, mucus membrane in contact with membrane that has "gonorreal lice" on it. Sifilis is "catching" in a manner similar to gonorrea, but as to whether the "gonorrea lice" can be taken off utensils in a manner similar to the "sifilis lice" is a mooted question. Personally I think if a person be in a "receptiv condition" the "gonorrea lice" can contaminate a person as much as the "sifilis lice."

Fleas ar "catching" without contact becaus they hav life to jump, but they poison only those on whom they like to stay

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and feast. We all kno that out of a thousand persons in a flea gathering, only those who ar "susceptibl" wil feel a bite.

Now from these few exampls can we not form a basis for the rational study of "diseas catching?" I think we can. Quite a good many fearless investigators ar at work and more and more ar cumming into the ranks. Let us ALL seek after truth—the naked truth—regardless of our past "bringing up."

* * *

Diseas can not be eradicated by trying to keep it in the body, any more than a bursting boiler can be saved by keeping the steam from escaping. Chasing one poison with another is another way of quenching fire by pouring kerosene oil on it—the results ar the same.

* * *

The "blood pressure" scare, I am sorry to say, is one of the methods employd by many doctors to catch their game. Taken in connection with other findings, the blood pressure is an important factor, but blood pressure *per se* amounts to very littl. Some peopl hav a *normal* blood pressure of 70 or 80 and ar in helth, while another wil hav a blood pressure of 150 and stil be in helth.

As a rule, blood pressure can be regulated at wil by the diet.

A person may hav a low blood pressure and stil hav hardening of the arteries (arterio-sclerosis), but in that instance the hart would be at fault. Conversely, a person may hav a high blood pressure and stil hav soft blood vessels, and in that instance the hart would also be at fault.

* * *

Epilepsy is causd by tipping the nervus balance too far one way or the other—a sensitivly developt person trying to do what one who is not so constituted can do.

* * *

"Medical sientists" ar killing more peopl than the war lords ever dreamd of. The more so-calld medical sience we hav, the farther we ar from *The Natural Way.*

* * *

Stils wer so noisy that they hav been stild.

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"Ice jam" is a winter luxury along the Hudson River. "Sunshine cake" and "orange-blossom pudding" ar on all bils of fare in Los Angeles.

* * *

Fast eating means overeating—the stomac is not given time to signal—"stop."

* * *

Grouch is epidemic in some parts of the cuntry at times, and endemic all the time. Flu only cums in flurries, Grouch is therefore more dangerus than the flu. By the way, I wonder if the grouch bug has been found. I bet some serum would prevent it. This is a great opportunity for some helth board to becum famus. Which one wil start the ball rolling?

* * *

If a fello has saved up enuf so he can pay as he goes, he is often "talkt about" as being dishonest. If he has to ask credit becaus he has not been abl to get ahed, he is "talkt about" as being thriftless. This "talking about" one's private affairs indicates that the "talker" has never lernd how to use the mind.

* * *

Don't shed any tears over "lost love," unless that los be the love of work and progress.

* * *

The old style "vampire" suckt the blood from its victims—the new style "vampire" sucks the mony out of its victims.

* * *

Making speed on a down grade demonstrates no skil.

* * *

The great present need is to AMERICANIZE Americans. The Aliens would be drawn in by the undertow.

* * *

"Nothing has ever been permanently accomplisht by force." —*Napoleon.*

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I wonder when the American peopl wil wake up to the fact that FORCE in education brings about a reaction and that they ar planting the seeds for another war—a civil war—by thinking, talking and riting FORCE. Thots cannot be banisht. Thots cannot be imprisond. Thots cannot be governd by FORCE. Thots can be cultivated and gided by EDUCATION. EDUCATION along NATURAL ways wil create a new society—a rejuvenated peopl, but FORCE wil act only to REact for evil becaus the thot back of FORCE is evil.

REMOVE THE CAUS FOR FORCE. DON'T LET CRIMINALS MAKE OUR LAWS!!

* * *

"Doctor, I've spraind my left rist." "Sorry, my specialty is left thum only."

* * *

I hav lookt inside many "free clinics." I hav had an opportunitv to study the workings of many "free clinics." Thev COULD be of inestimabl good to those who cannot afford to get reconstructiv care, but alas, we ar dealing with "modern human nature" in the "free clinic" as in politics. They ar both too often run by those with no human hart. The worst, and the basest work that I can conceiv of, I hav seen done in "free clinics." Those who run a "free clinic" should be educated along lines of *humanitarianism* rather than along lines of "animal experimentation." The temptation to experiment with the poor victims is too great for many of those who conduct such clinics.

Recently I red a big advertizement in the largest medical journal in the U. S. agreeing to "teach a thoro and practical course in surgery" in one week, becaus of their "free-clinic" facilities. Read between the lines, reader. Think of the "free-clinic material" and think of the "skil" of one who has had a singl week of "intensiv surgical training." What is the natural trend of a profession that wil not rize up en masse and denounce such doings?

* * *

Someone askt a negro as he was going over the top if he had made his wil. "My wil, Boss? No, sah. The only wil I am interested in is, *Wil* I cum back?"

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I was once askt if I could define the difference between a wize man and an educated man. My reply was that a wize man sought education and knew when he found it, but an educated man thot he was wize and so did not seek wizdom.

* * *

I recently askt a man if our trubls thruout the world had just begun. He said, "No, because the present political party would never get in again, and woman suffrage would soon be on top."

* * *

A man was askt how his son, who was studying surgery, was getting along. He anserd, that he was improving wonderfully as his last case had livd twenty minits after the operation.

* * *

What ar the two great wishes of the medical student?

To put Dr. before his name and Dr. after the names of others.

* * *

A doctor told his patient not to worry. When he sent his bil, the patient said it worrid him and he put it out of his mind—forgot it.

* * *

A "slick" person always slides to disaster.

* * *

"I hear, Doctor, that my frend Brown died of stomac trubl and yu had been treating him for liver trubl." "Don't yu believ it. When I treat a man for liver trubl, he *has* liver trubl."

* * *

"You may pay me $100 down and $25 a week," said the physician offhand.

"It sounds as if I wer buying an auto," said the patient.

"No," replied the doctor, "I am."

* * *

Any "sience" that is always trying to hide behind laws is not a true sience.

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At a marriage servis the groom responded "I wil," when askt if he took the woman. He responded likewize when the same question was put to the bride. When askt why, he said, "she is def and I'm ansering for her."

* * *

"Mama," said littl Dorothy, "giv me some water to christen my dol."

"No," said the mother, "that is not right."

"Then," said Dorothy, "giv me some wax to waxinate her."

* * *

Some families seem to go on the plan that "three is a crowd."

* * *

It takes two to make a quarrel.

* * *

Hear both sides of a dispute before passing verdict.

* * *

There is no eg that does not appeal to the appetite of a crow.

* * *

Not every worm likes dirt.

* * *

"Gold cures" hav been put into safe deposits.

* * *

The farmer gets pay only for what he produces—the speculator gets pay only for what he does not produce.

* * *

Infant pillars of beggard industry—Child laborers.

* * *

Picking an appl from a tree does not prevent the tree bearing more appls.

* * *

"We medical men kno littl or nothing of the real action of drugs."—*Sir William Osler, M. D.*

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"No one can entirely recover helth while taking medicin."
—*Prof. G. S. Carr, M. D.*

* * *

Once in a while something cums to our notis which hits us squarely between the eyes and dazes us.

Some insurance statistics hav deliverd the blo this time.

Statistics ar horribl things anyway, but when they ar accurate and definit, much can be lernd from them.

If yu wil take 100 men of 25 years of age who pas life-insurance tests—all helthy and with the faculties for making their own way in the world—it is possibl to forecast accurately thru statistics what wil happen to them *collectivly,* but not individually.

At 45 years of age:

16 wil be ded
3 wil be welthy
65 wil be self-supporting
16 wil be considerd not self-supporting

At 65 years of age:

36 wil be ded
1 wil be welthy
6 wil be self-supporting
53 wil be dependents—upon children, relativs, or charity

Of the 63 who hav died up to the 75th year, 3 only hav left an estate of any size.

Of the 37 then living (at 75 years);

3 wil be living on their own resources
34 wil be dependent

Of these 95% wil not hav sufficient funds to defray their funeral expenses, unless insured to cover them.

What a future to contemplate!

What a terribl indictment of our efficiency!

Why is it?

—Editorial, *Gray Matter,* December, 1919.

* * *

"Let us hav faith that Right makes Might, and in that faith, let us, to the end, dare to do our duty as we understand it."
—*Abraham Lincoln.*

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The man who can say every morning on arizing, "I commit my affairs to God this day, and all wil go profitably with me," and then has the attribute of faith wel enuf developt to stand to it, has the best of the bargain of life.

He does not worry becaus he has nothing to worry about. He holds the thot that all wil be wel, and in the main *it is.*

His digestion and spirits ar better and he meets the world on a frendly basis rather than on a competitiv one.

He thinks just as hard—works just as hard or harder, becaus he is not inhibited in his action by worry or fretting.

He has eliminated fear by his affirmation and faith that it wil work out.

He cannot hate becaus he is convinst that all things ar working to his advantage.

Jelusy cannot enter his mind becaus he has absolutely nothing to set it into motion.

Here is the whole trend of success books and talks, and it is the *working filosofy.*

This is the idea of confidence and effort which makes for success as so many thousands can testify.

Start each day correctly with a success affirmation. Then do your darndest and yu hav the whole thing in a nut shel.

It sets the sub-conscious to work.

That is why.

—Editorial, *Gray Matter,* December, 1919.

* * *

THE NATURAL WAY IS ALWAYS THE *REAL* WAY.

Many years ago I had quite a reputation as a "balky-horse starter" and as such was often consulted. To illustrate how *The Natural Way* aplies in such cases, I wil cite a case as a "side light."

One morning while driving out in the cuntry, I met a farmer with his horse and wagon hedded toward town. The horse—a wide-between-the-ears, dark bay—evidently objected to something, for he was standing stil and, altho the owner was beating him severely, he refused to budge.

I stopt my horse and askt what the matter was. The owner said the d—— brute would not go, and hit the "brute" over the hed with the butt of his big whip. I askt him to let me make the horse go. The man got in the wagon and I began

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to pet the horse and rub his neck, and then started to sing, "Home, Sweet Home." It workt like a charm, and the horse started off with a vim. The man shouted, "If ye hadn't hit on *that* piece, he wouldn't hav moved."

By a strange coincidence, I met this same man and horse in the village that evening. They wer both in front of a saloon (the old-fashiond kind). A big crowd had gatherd around the horse, wagon and man. The man had evidently imbibed some "legal intoxicant." The horse's tail was toward his home, and the man was trying to sing, "Home, Sweet Home" to the delite and amusement of the crowd. I stood by to see the performance for a few moments when I herd the "soloist" say, "Yung Doo White started the d—— brute that way this morning and it o' to work now." Just then someone pointed me out to the "jovial singer." He got hold of my arm and askt me what tune he should sing to make the animal start. I went up to the horse, patted him on the neck, took an appl out of my pocket and gave it to him to eat, and then turnd his hed toward home and said, "Cum on, Dandy." He went off so fast that the crowd had to "step lively" to avoid a collision.

* * *

One morning, a month before Thanksgiving Day, about four o'clock I was calld up on the 'fone and askt to see a gentleman about seventy-eight years old. When I reacht the house, I saw the man up, and his wife was waiting for me on the porch. She said, "Doctor, my man is alright. It is my turky that is ailing, but I was afraid yu wouldn't cum out to see it if I had explaind over the 'fone." It seemd so ludicrus that I could not keep back a good laf. The motherly lady, wel past seventy, said she knew I was educated in the woods and thot I would kno how to treat turkys as wel as "folks." She said she got this big gobbler to feed up for Thanksgiving, and he was "getting off his feed." I found the bird in a room in their garage. Plenty of feed was on the floor, but the turky had been confined and overfed and had "taken cold." He was in the last stages of roup or "avian diftheria"—often calld "sweld hed." I told the lady that decapitation was the only remedy. She paid me more than the value of the turky but said she was satisfied to kno what to do. Even turkys cannot stand confinement and stuffing any more than humans.

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It is now January, 1920, and the folloing is copied from a Board of Helth bulletin just maild me by one of my pupils. The same advice was given in 1918 and 1919 and the percentage lost in deths from such a diet was from seven to forty. What we as physicians want to kno is WHY such directions ar sent out, when undertakers ar really the only ones who profit by it. The patients die, that is a los to the community, to say nothing of the family. The physician is a loser, for a ded patient is not a profitabl one. The community at large is disgusted with the medical profession becaus of the great percentage of deths folloing their "regular" treatment. Drugless physicians ar getting the work and the patients ar getting wel—their los is les than one-tenth of one per cent. Again I ask: What is back of a sistem that kils rather than makes wel? If any one with a "Flu Fever" can get wel under this diet, he wil liv thru anything and he never needs a physician.

Copied from a Board of Helth notis sent out to physicians to be circulated:

"Food. Get three good meals a day. If the family cannot provide them safely, go to a nearby restaurant, get your frends to serv them and send them in; notify the Red Cross that yu hav nothing to eat. A raw eg broken into a pint of milk, eaten with crackers from a box, is sustaining if not esthetic. Do not attempt to go without food."

Now, Fello Physicians, I am often askt why the "new methods" and the "drugless physicians" ar sweeping all before them and why the public is becumming so disgusted with the Board-of-Helth methods thruout the land. The reply is in the above quotation. Every thinking individual knows that those directions wil kil any one with a fever. If we expect to hold the least vestige of respect from the community, we must banish such moth-eaten methods or go into some other line of work. The peopl wil not stand for it even if the undertakers wil. The peopl ar the ones who pay the bils and ar the ones to whom we hav to look for our living. Let us see who is to blame for such outrageous directions being sent out. Let us see if they ar gotten up by our enemies, or by undertakers, or by whom. It is time that WE as physicians look into this matter and do not wait for our own funerals.

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Every one should emulate the traits of a traind fox hound. When he gets the scent of the fox, he follows that scent and does not care for any other scent. He is like the good postage stamp—it sticks til it gets there. If yu kno yu ar on the right track, don't be turnd aside by fear of what others may say, nor by steep hils—"keep in the middl of the road."

* * *

Those who ridicule what yu do or say today, may worship at your shrine tomorro.

* * *

Ben Franklin was right when he said "We must hang together, or hang separately." Lots of "hangings" ar going on all over the cuntry now, and without a noose at that. Metaforical hanging is often as effectiv as the rope variety.

* * *

Revolution makes every man think. Every non-thinking nation had better "keep off the grass" of the thinking nation. When the "steam roller" of a thinking nation gets started it makes a good road. Some nations hav been asleep for centuries —now they ar waking up and lerning how to lern. When they hav lernd their lessons, the intruders had better look out.

* * *

Any one who tries to pas laws which violate the spirit of the Declaration of Independence and the Constitution is a traitor to the American peopl.

* * *

If the price of clothing keeps advancing, les and les of the body wil be coverd and more pride wil be cultivated in the *real* form of the body. The les one cares about their form, the les Nature tries to cultivate it. Evolution grinds slowly, but exceedingly wel. *Desire* precedes evolution as an impulse precedes the act.

* * *

"Amiabl peopl, in their contact with the world, radiate so much sunshine that they ar reflected in all apreciativ harts."

* * *

Scatter sunshine where'r yu go. It grows on all soil.

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To remain yung, liv next to Nature's hart. The farther away yu get, the older yu gro. The distance is depicted in the face.

* * *

I hear that some peopl ar stewing appls in hard cider and they ar thus getting two "stews" at once. They say they ar cutting down the "high cost of living." "H. C. L." in such cases stands for Hel Cums Last.

* * *

"By taking care always to keep ourselvs on a respectabl defensiv posture, we may safely trust to temporary alliances for extraordinary emergencies."—*George Washington.*

* * *

"Standing as it wer, in the midst of falling empires, it should be our aim to assume a station and attitude which wil preserv us from being overwhelmd in their ruins."—*George Washington.*

* * *

"Finally I insist that if there is anything that is the duty of the whole peopl never to entrust to any hands but their own, that thing is the perpetuity of their own liberty and institutions."—*Abraham Lincoln.*

* * *

"The great rule of conduct for us in regard to foren nations is, in extending our commercial relations, to hav with them as littl political connection as possibl."—*George Washington.*

* * *

Our posterity wil read in history and wil kno by taxes "A World War means a world bankruptcy." That *may* prevent another wholesale bloodshed that is causd, as *all* hav been, by SELFISHNESS.

* * *

"The disturbd situation of Europe, while it ought to make us the more thankful for the general peace and security enjoyd by the United States, reminds us at the same time of the circumspection with which it behooves us to preserv those blessings."—*George Washington.*

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To "kil the goose that lays the golden egs" is as poor policy for nations as it is for individuals. When egs ar plenty they should be stored, for every farmer knows that there is "a molting season." (I foresee a *thinking* season).

* * *

Do I believ in "germs?" Of course I do. Wer it not for "germs" there would be no life. Germs ar our necessary frends. They stay by us, even if cranks tel us they ar enemies. All germs would be frendly if we would let them be so, but like the "mad" dog, we abuse them and torment them until they turn on us and "bite." Only for germs yu and I would not be here now. No one would be here wer it not for germs. Nothing would be here wer it not for germs. A fello with some spare time has calculated that in one small part of our anataomy—it matters not much which part it is if we ar sane—there ar 150,000 times as many germs as there ar humans on the whole erth. I hav not checkt him up, but take it for granted that it is true. There ar about as many "germ theories" as there ar germs any way, and stil the tail tries to wag the dog. We all go on just the same and some unfortunates ar scared to deth becaus of their germs. Others get rich trying to scare the peopl. Stil others get rich caring for the ded who die to get rid of their germs. That is foolish, for the germs turn "profiteers" just as soon as their host "passes over." Would it not be lovely if all the public pres would boycot every articl turnd in, that talkt about unfrendly germs? Who first put germs in the scare lines of a newspaper? Look this up and "think it over."

* * *

"Separated, as we ar, by a world of water from other nations, if we ar wize we shal surely avoid being drawn into the labyrinth of their politics and involvd in their destructiv wars."—*George Washington.*

* * *

I really believ that if HELTH wer catching, some laboratories would try to "discover" a vaccin or serum to prevent it.

* * *

"We light our torches at the fires of the ancients."

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When a fello says "it can't be done," he usually wakes up to find that it has been done by someone else long ago.

* * *

The world is ful of "doctors," but there ar a very few *physicians.*

* * *

Youth and paint cover up a multitude of sins.

* * *

Everything in nature is made up of GERMS. It now appears as tho the very ultimate infinitesimal of all beings is a GERM. The atom itself appears to be a GERM. Without GERMS there would be no life. If we knew the origin of GERMS we would kno the origin of life, which is kept from our knoledge for some good reason. *Don't be afraid of GERMS!* GERMfobia has kild more peopl since GERMfobia has becum a "diseas," than one can imagin. Let us, as physicians, not be afraid and let us teach our patients that as there ar good men and bad men, so there ar good GERMS and bad GERMS and that their *environment* changes their caracter.

* * *

"Every man is wanted, and no man is wanted much."—*Emerson.*

* * *

European nations ar eternally at war. America was founded by those who did not like European ways. Wil a TRUE American try to ape European ethics? O, for an America of old, run by REAL AMERICANS!

* * *

The more we kno, the les we nock. When yu ar askt for your opinion on any subject, do yu think of the *good* points first or do yu try to pick out the flaws and hide the good points. To be a good critic, one must hav a good knoledge of his subject.

* * *

"The great need of the present day is to get back to the standards of individual freedom and rights of our forefathers—a standard which developt real men."—*Darrow.*

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"During the last decade the deths from vaccinia (cow-pox vaccination) hav several times outnumberd those from small-pox, while, if we hav regard to the amount of il-helth causd by the two diseases, it looks as if vaccinia wer becumming, so far as the community is concernd, the more serius diseas of the two."—*C. Killick Millard, M. D., Medical Offiser of Leicester, England, 1914.*

* * *

May the prayer of the immortal *Abraham Lincoln* be revived as set forth in these words: "That this nation, under God, shal hav a new birth of freedom—and that government of the peopl, by the peopl, for the peopl, shal not perish from the erth."

* * *

Sientists say that the density of an atom is a billion times greater than that of ordinary matter. Then I say that the component parts of the atom ar a billion times more dense than the atom itself. According to these wel-founded theories, only trustworthy persons would be suitabl to open up an atom and only a "super-man" should ever "monky with" the component parts of the atom. Think of it—the force stored in such a particl the size of the point of the finest needl ever made, would contain energy enuf to lift this old world of ours to the sun—"and then sum."

* * *

"Thots ar things" and the time may cum that the world wil understand that those "things" ar more sutl—more life-giving or more dedly—than the newest fashiond gas bomb or most devilishly contrived exterminator of human life. Let us all think more and make our thots work in the right direction. If peopl thot more in the right direction, would they not feel and understand that banishing a thinker does not and cannot banish his thots? Some of our greatest reforms hav been thot out by the thinkers in prisons. No barrier in the universe can fence in one's thots. Laws can be made to "gag the pres" and "gag free speech," but wo to those laws when the peopl begin to THINK! Remember that "laws" ar such only by "common consent," and they can be changed over nite. *Education* changes one's thots and if the education be

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wel directed it is a veritabl "steam roller" in smoothing out the ruf roads of opression.

* * *

If girls continue to cover their ears up for a few generations, we wil hav a race between the "earless" and the "hearless."

* * *

The news items record the fact that a toaster has been invented that wil toast all sides at one time. If any one wants to kno whether there hav been such toasters in use for centuries, let him look over the history of pioneers in any new field to aid humanity. The very ones he tries to aid wil toast (roast) him on all sides at once.

* * *

"Speed, back of putty, makes it work as tho of steel." I wonder how many of my readers kno just what that means. We all kno that a tallo candl prest against a plank of wood—hard or soft wood—wil flatten out, but put that same kind of a tallo candl into a gun with a good charge of powder back of it, and it can be shot thru a plank.

* * *

"I believ in the sincere wish of United America to hav nothing to do with the political intrigues or squabbls of European nations."—*George Washington.*

* * *

From January 1, 1918, to November 1, 1919, without a singl serius derailment, our railroads moved 13,466,839 soldiers, sailors, and marines, filling 18,000 special trains comprizing 213,749 railroad coaches and Pullman cars. Our civil engineers ar the best in the world and this proves it. Our *sanitary* engineers ar among the best in the world too, but what they did to prevent diseases in the camps and on the battl fields is hardly mentiond. SANITATION has more to do with HELTH than all the serums or vaccins in the world. In all helth movements think of the part that SANITARY ENGINEERS play first, then if any other credit is to be given to any one, put it in the records. Giv credit to whom credit is due.

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"It is the way in which hours of freedom ar spent that determins, as much as war and labor, the moral worth of labor."—*Maeterlinck.*

* * *

Every publication, be it great or small, that has caterd to and servd privilege or plutocracy, has fallen. History wil repeat itself indefinitly. Those who try to dominate the masses wil be exterminated by the masses. These thots cum from the news that the once "Great New York Herald" has changed hands. That means more than the "change of hands." It means that that once GREAT paper achievd greatness by being rebellious to the plutocracy. Since the deth of its fighting founder, the policy has gradually changed. Now the paper "has changed hands." Why cannot EVERY organization, group of persons, or nation, see "the hand-riting on the wall." *The masses ultimately rule.*

* * *

Some persons seem to think that "church-going" is the barometer of spirituality and Godliness. This is a grave error. The REAL church, as the meaning is generally accepted, is in the HOME. The body is the church for the spirit. Nature created the Great Out-of-Doors before She gave birth to the human body. If the body be rong, the spirit is sure to be influenst. "Godliness" begins with the body and the spirit wil then bild on a good foundation. To disregard Nature, is to disregard God. The body and the spirit MUST work hand in hand or else "there is confusion in the craft."

* * *

"Having none but a straitforward, open course to pursue, gided by a singl principl that wil bear the strongest light, we hav, happily, no political combinations to form, no alliances to entangl us, no complicated interests to consult; and in subjecting all we hav done to the consideration of our citizens and to the inspection of the world, we giv no advantage to other nations and lay ourselvs open to no injury."—*Andrew Jackson.*

* * *

I think it was a Roman filosofer named Seneca, who lived in the first century, that said "Man does not die; he kils

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himself." Even in those days man must hav been in the habit of digging his own grave with his teeth or by burning the candl at both ends as he does today.

* * *

I once askt a very famus filosofer what his religion was and he replied: "I am only a seeker after Truth and kno no religion save The Light of the Truth." Sermons for all time could be preacht from that remark as a text. Even before the Christian era, Cicero, the Roman author said: "Nothing is more delightful than the light of the truth." This shows that two thousand years hav not changed real thinkers very much in the fundamentals. Fundamentals ar natural. Nature's laws do not change. Humans fall backward by trying to improve on Nature and raise up false gods. In Nature's Infinit Book of Secrecy lie hidden all that humans need, but most humans want to find a short cut and so try to mutilate The Book of Nature and defile Her laws.

* * *

"Man's inhumanity to man makes countless thousands mourn."

* * *

Jesus Christ was a Nature teacher. He taut mankind in plain and simpl language, how to liv in harmonius relationship with the Life Principl of Nature. The Life Wizard of Nature said: "There is nothing coverd that shal not be reveald; neither hid, that shal not be known." The real object of religion is to endow man with a sense of *unity with all creation.* Before the world's great unrest is over the world must experience a change in spirit. There must needs be a change in the Spirit of the World. The World War has not yet changed the spirit that made that war a reality. No "covenant" is worth more than "a scrap of paper," unless the Spirit back of that covenant be unselfish.

* * *

John C. Calhoun, the American statesman, distrusted the "Holy Alliance." He pointed out the ultimate danger, and said that, "Violent parties would arize in this cuntry, one for and against—and we would hav to fight upon our shores for our own institutions."

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"Far better is it for ourselvs, and for the caus of liberty, that, adhering to our wize pacific sistem, and avoiding the distant wars of Europe, we should keep our lamp burning brightly on this western shore as a light to all nations, than to hazard its utter extinction amid the ruins of fallen or falling republics in Europe."—*Daniel Webster.*

* * *

"Prove all things; hold fast to that which is good."—*St. Paul.*

* * *

Commercialism is our greatest curse today.

* * *

Some day humans wil lern that criminals ar not cured by means of prisons, whippings, or even by murdering them. There is good in every so-calld criminal. Yu and I might hav been just as bad as the worst of criminals had we been born with the bodily defects that ALL criminals hav. The only way to cure criminals is to cure the body. That often cannot be done, but if a gun burst in shooting it off, the maker looks out to make the next one better. In like manner humans must lern that criminals ar born that way. To prevent persons being born criminals we must begin with the parents and then with the conditions in which the child is reard. I hav never yet seen a criminal who did not sho some bodily defect. The body must be such that the spirit can work harmoniously in it. All ar not made criminals by reading bad novels nor by seeing bad moving pictures, but one with a weak mind can easily be made a desperate criminal by just those conditions. A weak minded person, or a person with a body that does not harmonize with his spirit, sees the rich man made richer by wholesale stealing in political plunder and he cannot see why it is not as right for him to do the same. He is caut at it and sent to prison, while the "higher-up" goes on with his plundering. Others see this and revenge grows in good soil. Selfishness tends toward dishonesty and all manner of evil.

"If the world but knew what's in our harts,
If it but understood,
'Twould be les harsh in judgment,
'Twould be more kind and good."

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"The decision of American questions pertains to America itself."—*James G. Blaine.*

* * *

We hear on all sides that *"The public scool is the strongest wepon we possess against the enemies of liberty."* This means just what it says IF the SCOOL only be public. On the other hand, if the *child* be made public, that is, used "by acts of law" to exploit drugs, serums and experiments on, contrary to the wil of the public, *then the public scool becums the breeding place of anarchy.* AUTOCRACY IN THE SCOOL ALWAYS MEANS ANARCHY IN THE GRADUATED PUPIL! In other words, "sow autocracy and yu wil reap anarchy." This law is as immutabl as any of Nature's laws. In fact it is a NATURAL law. We ar going back to savagery when we allow a person or persons, individually or traveling under the name of any bureau, board, society, etc., to handl our children as public property. It is not done for the socalld "helth" of the child—it is done to exert the power of a slave-holder and to fil the coffers of certain exploiters. Why physicians wil allow their profession to be made a "clearing house" for dope exploiters is a mistery to me. I am sure they would not if they could read "the hand riting on the wall." Fello physicians, beware lest our nobl profession sinks to so lo a level that it wil be engulft in the mire of selfishness!

* * *

"Several years before national prohibition became effectiv, it was decided to drop all alcoholic liquors from the American Pharmacopea. No mention of whisky, brandy or other alcoholic liquors wil appear in the 1920 issue."—*Harvey W. Wiley, M. D., Pres. U. S. P. Convention and former Chief of the Bureau of Chemistry, Dept. of Agriculture, U. S. A.*

Under date of January 30, 1920, it is reported that a U. S. Marshal at Detroit, Mich., was authorized in a telegram from Washington, D. C., to furnish free of charge to all "reputabl physicians" whisky to be used in the "treatment of the flu." What *reputabl* physician would think of *treating* flu with whisky?

Doctor Wiley further says "Whisky, insted of being an effectiv remedy or preventiv for flu, is *positivly* a poison. In only one instance would I use whisky for a case of flu and

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that would be where I wisht to hasten the departure to heven of the patient."

Now, taking the facts as above quoted into consideration, can it be considerd as strange that some thinking peopl ar of the opinion that undertakers ar *the* ones who ar asking the doctors to use whisky as a remedy in flu?

* * *

Marcus Aurelius, in the second century, said that "Man is a littl soul carrying around a corpse." I would like to say that at the present time *some* men evidently ar of that description, but not all. Marcus Aurelius was a politician and evidently wanted all his subjects to be worms at his feet. Most politicians ar that way now.

* * *

Paul said "The last enemy that shal be destroyd is deth." I should say that Deth is a frend indeed. He makes us wake up, paradoxical tho it may sound. Some persons would sleep forever wer it not for Deth to awake them. Deth puts us on our feet and allows us to see ourselvs as others see us. Never fear Deth. He is your surest frend. Only for Deth we could not progress very far. It is Deth who opens the portals to a new heven and a new life. He is one of Nature's door keepers, of whom there ar very many.

* * *

Over half of all the peopl on this erth ern les than twenty cents (20c) a day. The other half can hardly realize this fact. It is said by those with a deep insight into human nature that if all the mony in the world wer equally divided mong all the inhabitants that within ten years it would seek the same "level" as it now occupies. Some peopl seem to hav an attraction for mony and it sticks when it reaches them, while others seem to repel mony. May be it is on the order of magnetism—likes repel and unlikes attract.

* * *

Rulers must be agents, not masters of the peopl, and work for the collectiv good of all—not for any special clas.

"No King, no clown,
"Shal rule this town."

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"It is quite generally felt, and I think among the working masses universally felt, that America wil do more for the world by jelusly garding the forms which preserv the essence of her democracy than by taking any step in the direction of empowering envoys, or officials of any sort, to go off into conference chambers and commit the American peopl in matters tuching their lives, fortunes, and honor."—*Edward Price Bell.*

* * *

"It should be the policy of the United States to administer to the wants of other nations without being entangld in their quarrels."—*George Washington.*

* * *

Cancers and tuberculosis increas in direct ratio with the number of persons serumized or vaccinated.

* * *

"Stamping out" diseas by so-calld orthodox medical sience is like putting out a fire by adding fuel to it. These "sientists" hav started the rong way, but it takes several generations for a "sientific error" to be corrected.

* * *

I once askt a sientist if he did not kno that he was teaching what was rong. He replied that he did kno it, but as it was popular belief and as sience had been half a century bilding apparatus to demonstrate the *belief,* it was too soon to admit the error.

* * *

The way to longevity is *The Natural Way.* No other way wil do.

* * *

"Orthodox medical sience" shortens life by attempting to improve on Nature.

* * *

The sientific use of colors should be considerd as essential as sanitation in public and private bildings alike.

* * *

Is it the high cost of *living* or the high cost of *leisure* that is throwing a pall over the world?

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I hav always workt from twelv to eighteen hours daily, often twenty-four without a stop, and I did not consult any unions about it either.

"Union hours" means union decay, notwithstanding all theories to the contrary.

* * *

Unionism in labor or professions sets a limit to progress. *The Natural Way* is to attain *toward* perfection, and that cannot be reacht any more than the limit of space.

* * *

The trend of the times is toward laziness. Our old filosofers had to work to lern—had to think for themselvs; but the modern thot is mostly borrowd thot—very littl original.

* * *

If nakedness wer the fashion, peopl would be more particular with their bodies. If *The Natural Way* wer to wear clothes, we would have been born with them. Clothes wer first designd as ornaments, and one tribe tried to outdo the other until nearly the whole body was coverd with ornaments—clothes.

* * *

High cost of living indicates the lo value of brains.

* * *

"Disuse atrofy" means the wasting away from lack of normal exercize. If "union hours" continue to shorten, the unionists wil becum too small for mortals to see.

* * *

The soul of some persons is so small that it would be lost in a gnat's bladder.

* * *

Do not look for rong and evil,
Yu wil find them if yu do.
Look for goodness, look for gladness,
They ar with yu all the while;
If yu bring a smiling visage to the glas
Yu meet a smile.

* * *

Civilization means deterioration.

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Hospitals ownd by doctors ar a menace to a community.

* * *

The "fee-splitting" practis among surgeons is wel nigh universal. The surgeon is taut to think he must giv a physician a fee to send him surgical cases. The consequence is that the average physician makes more out of his commission from the surgeon on one case than he could by honest work for a week. All surgeons do not do this, but many hav told me that they would never get a case referd to them unless they did. The practis is a vicious one and *in open meetings* of the surgical societies, the practis is "condemd" and the "condemnation" gets into the public pres. Strange, isn't it?

* * *

Some professional men dare not be independent for fear of their incum. This is a delusion, as the more independent a sientist is, the more his opinion is sought.

* * *

"Good luck" is the child of industry.

* * *

White lies often leav a black spot.

* * *

Many "works of art" would be best apreciated in an institution for the blind.

* * *

If you lose faith in your work, do not try to make others believ in it.

* * *

Irony is the cactus plant that spreds over the tomb of our ded illusions.

* * *

The great out-of-doors was made before churches. A true lover of Nature is ful of trust, hope, and love.

* * *

Fear is the road that leads to the Valley of Deth.

Hope is the road that leads to the summit of our imagination.

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The best way to influence humanity is to help them.

* * *

Servis is the natural expression of a man's better nature attaining toward his ideal.

* * *

A speculator is a person who wants to sel nothing for something to someone who wants to buy something for nothing.

* * *

"Heven is not reacht at a singl bound,
But we bild the ladder by which we rize
From the lowly erth to the vaulted skies,
And we mount to its summit round by round."

* * *

Happy is the man who can lose himself in children's play.

* * *

It is suicide to develop the brain and neglect its carrier—the body.

* * *

The first step to digestion of food is to "bite it off."
The first step toward success is to tackl the job.

* * *

Education is a national asset.
Vaccination is a national liability.

* * *

Thots ar like egs. They must hatch into usefulness, becum food for others, or becum useless.

* * *

Blue is the only color a pessimist sees in a rainbow.

* * *

"Free speech is to a great peopl what winds ar to oceans and malarial regions, which waft away the elements of diseas, and bring new elements of helth; and when free speech is stopt, miasma is bred and deth comes fast."—*Beecher.*

* * *

There is tonic in the things that men do not like to hear.

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When success ceases to gro, it decays, as does also intelligence.

* * *

Success is only the reward for judicious effort.

* * *

Success is never final.

* * *

Everything in Nature is either progressiv or retrogressiv.

* * *

Success augments according to the process of preparation.

* * *

One who thinks much of his work has littl time to think of himself.

* * *

A worker livs his life. A player plays his part.

* * *

When trubl is brewing, keep stil.

* * *

Wars wil cease when those who cry for war ar obliged to be the "first over the top."

* * *

There would be no "national meddling" if the nation which would rule over another nation would first set its own household in order.

* * *

Politics has lots of "tics" in it, and they keep a fello scratching.

* * *

The real difference between political parties is that one is *in* and the other is *out*.

* * *

Millionaires rarely laf.

* * *

The "filanthropist" usually means one who has more dollars than sense.

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A wize man tries to avoid making the same mistake twice.

* * *

"The license sistem puts the power of growth in the hands of the few when the rights of the many ar paramount." "A license is the pretense of selling yu a right which yu alredy possess."

* * *

"The times ar out of joint."

* * *

Any group of persons, be they calld association, board, society, union or what not, that tries to strangl initiativ must in time be strangld. This is the immutabl law of progress.

* * *

"The Peopl's Government—made for the Peopl—Made by the Peopl and Anserabl to the Peopl."—*Court House motto in Fort Wayne, Ind.*

* * *

"Consent Maketh the Law."

* * *

"The fate of the nation rests with the mothers."

* * *

"Public Helth is purchasabl," not by mony, but by right living.

* * *

"Within natural limitations any community can determin its own deth rate." Not by medication, not by "preventiv medicin," but thru sanitation and correct living.

* * *

Littl things promptly performed constitute most of life's courtesies.

* * *

There recently appeard in a high-clas medical journal the "findings" of some experimenters. They "showd" that they could make the desire for food last "for some time after deth." This is "going some." I should like to diagnose those "sientists." With the cost of living as high as it is now, it seems to be hard enuf to be hungry while alive.

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The fight for freedom is never ended. There is no such thing as "peace" so long as the elements exist which can ever be used to create war again. Selfishness, envy, hatred ar foremost of these elements.

* * *

What is rong cannot be lawful, and whatever is right is legitimate and lawful.—*Judge Artman, Indiana.*

* * *

"If I could liv my life over again, I would devote it to proving that germs *seek* their natural habitat—diseased tissue—rather than being the *caus* of the diseasd tissue; e.g., mosquitoes *seek* the stagnant water, but do not *caus* the pool to becum stagnant"—*Rudolf Virchow* (father of the "germ theory of diseas.")

* * *

If the "germ theory of diseas" wer founded on facts, there would be no living being to read what's rit.

* * *

A famus jurist once said that if he had time enuf and mony enuf he could win any case on record, regardless of its merits. Ar not many of our sientists trying to prove that Nature is rong just becaus they hav time enuf and great endowment funds enuf to get the mony from? *Nature is always right, but man is always rong, if he doesn't take Nature as his gide.*

* * *

The mourning-dove is ever present in all cuntries and in all seasons.

* * *

"Wages without work is the chief caus of the high cost of living." (I should like to ad that the paying of dividends on "waterd stock" is also a prominent contributing caus.)

* * *

The caracter of organism determins the caracter of function. This immutabl law of Nature forever makes man as the only study of man, dogs the only study of dogs, frogs the only study of frogs, etc.

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An elevating specialty for physicians would be that of "airplane physician." One more lowly, yet with a "hop" in it, would be "airplane-accident surgeon."

* * *

Konsider the postig stamp, my sun. It's usefulness konsists in its ability to stick to one thing til it gets there.—*Josh Billings.*

* * *

Boost and the world boosts with yu,
Knock and yu'r on the shelf;
For the world gets sick of the one who'l kick,
And wishes he'd kick himself.

* * *

Whisky "jags" ar bad, but sugar "jags" ar worse in many ways.

* * *

Let us all keep wel preservd, but not wel pickld.

* * *

"Lasting fame" means the doing of things so wel that the world doesn't get a chance to forget yu.

* * *

"Perseverance, self-reliance, and energetic effort ar dubly strengthend when yu rize from a failure to battl again."

* * *

Be content with nothing les than something better. To progress is to liv—to stagnate is to die.

* * *

"A knoledge of how to make a living is better than many diplomas in ded languages."

* * *

"Every great movement must experience three stages: viz., ridicule, discussion, adoption."—*John Stewart Mills.*

* * *

"The secret of reform lies not in revolution, but in evolution—in unfolding along the axis of growth."

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Of course the lions couldn't eat Daniel—he was all "backbone."

* * *

Pioneers wer all calld "cranks" in their day.

* * *

Better be ahed of your time than behind—in deeds as wel as for a train.

* * *

There is more room in this world for ORIGINALITY than for anything else. Every ORIGINATOR is at first considerd by the "slo ones" as a "crank," but it takes a crank to make the wheels go 'round. Hasten the time when we hav more "cranks" and fewer brakes.

* * *

The way of the transgressor is hard, but the way of an innovator is infinitly harder.

* * *

"Front" is the thing some men put up when they can't put up anything better.

* * *

Injustis is like pain in that it makes us look for the caus so it may be eradicated. We often hav to fight to eradicate either. All honor to a GOOD fighter.

* * *

Altho peopl can't believ all they hear, yet they can repeat it.

* * *

If one wish to indulge in "deep reading," let him read Twenty Thousand Leagues Under the Sea.

* * *

An industry is for the benefit of the peopl; not the peopl for the benefit of the industry.

Home industries should be encouraged, but the consumer is entitld to first consideration.

* * *

There is a difference between breech delivery and breech infection.

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Any laws, be they medical or otherwize, that hav been enacted to benefit a certain sistem or class, ar vicious laws and wil soon react on those in whose interest they wer enacted.

* * *

In the Alps, the mosquito, Anopheles, which is said to caus malaria, is found plentifully up to heights of 5,600 feet, but malaria is never met with above 2,600 feet. This fact should be the basis of a sientific investigation.

* * *

The old inquizitorial styles among physicians ar changing. Insted of asking to see the tung, feel the pulse, and put a thermometer in the mouth first, they ar asking what the incum of the patient is, just as soon as they enter the room.

* * *

"He who knows only his side of the case knows littl of that."

"Prejudice, which sees what it pleases, cannot see what is plain."

"He is the free man whom the truth makes free, and all ar slaves besides."

* * *

"When peopl becum tolerant of intolerance—in whatever guize the intolerance walks abroad—it courts sure undoing. Historically, dissent has almost always proved to be the growing point of society. Most of the solid social gains of the past hav been the achievment of small dissenting groups of men and women who wer damnd by their contemporaries as rebels and enemies of social order. By this time we should hav gaind wit enuf to suffer the dissenter gladly, but we hav not."—*Roberts.*

* * *

"There used to be doctors. Now there ar only business men."—*Dr. Jacobi.*

* * *

According to the statement of the National Tuberculosis Association, more than five hundred (500) medicinal concoctions, serums and other treatments hav been offerd to victims of tuberculosis in the last ten years. They also state that not one of the remedies offerd has been even partly effica

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cious. What is rong, fello physicians? Ar we looking to Nature with faith that She and She alone can help us out? I think She can. Let us all begin with a natural diet and correct living. We surely cannot go further astray than others hav gon and may be we wil reach the coveted goal. Let us try *The Natural Way.*

* * *

"One flag, the American flag; one language, the language of the Declaration of Independence; one loyalty, loyalty to the American peopl."—*Theodore Roosevelt.*

* * *

Between Humanity on the one hand, and justis and common sense on the other, there is no incompatibility.

* * *

The Leag of Hallucinations and the Leag of Superstition ar stil competing for membership.

* * *

We all kno pain raises blood-pressure. May be that is why so many "lo-pressure" ladies wear high-heeld and pointed shoes.

* * *

"American citizens ar stil capabl of choosing the medical and religious advizers of their children."

"It is the Scool that is public—Not the Child."

* * *

It is comparativly a short time ago that professional peopl burnd humans at the stake becaus they wer considerd "witches." Now humans kno that those professional peopl wer the *real* witches and eventually the trick wil be turnd on their successors.

* * *

"Hobby horses" ar not nearly as wel made nowadays as formerly.

* * *

Many make New Year's promises, so they can feel themselvs "slipping."

* * *

New Year's "Eve" often forgets her "figleaf."

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The Fat Men's Club members seem to get away with the "hoarding of food" if their size is any criterion.

* * *

"Back of diseas lies a caus, and that caus no drug can reach."—*S. Weir Mitchell, M.D.*

* * *

Chasing his overdraft has made many a man go daft.

* * *

Humans ar prone to wonder why the other fello is not doing something different than the something he is doing.

* * *

An apropriate slogan for the dawn of 1920 was—"Wring out the wets; ring in the drys."

* * *

Any sistem, be it cald a "union," a "trust," a "combine" or whatnot, that has for its aim the restriction of freedom in thot or action within rational bounds, is sure to rebound and sever the restrictions. *This is a natural law.*

* * *

We ar taut to beware of "germs," yet we ar instructed to save our mony.

* * *

"The American Medical Association, or Medical Trust, is nothing but a trade union, designd and conducted for the purpose of removing free competition, and putting more mony into the pockets of its members."—*Dr. Brook in Los Angeles Times.*

* * *

"Politico-medical parasites, who kno as littl of the laws of helth as a cow knows about astronomy, sit up nites, thinking how they can devize more and ever more absurd and harmful medical laws to keep themselvs 'on the job'."—*Dr. Brook in Los Angeles Times.*

* * *

"In the name of Peace more wars hav been fought than crimes perpetrated in the name of Liberty."

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Altho this is Leap Year, be sure yu look before you leap.

* * *

The thorn on the rose bush lasts after the rose has gon.

* * *

"I hav always given it as my decided opinion that no nation had a right to intermeddl in the internal concerns of another; that every one had a right to form and adopt whatever government they liked best to liv under."—*George Washington.*

* * *

It should be a misdemeanor, punishabl by imprisonment, to display candies and pastries in sho-windows by which children pas. Adults ar supposed to hav wil-power enuf to pas by disgusted at the display.

* * *

The rinkls in your gray matter should increas faster than the rinkls in your face.

* * *

A "long face" usually indicates a long stomac that has been growing long a long time.

* * *

I shal never forget calling on a frend who had seventeen eight-day clocks. I askt him how he knew they wer *all* right. He replied that they all agreed with their big hall clock and as long as they *all* agreed with that, he *knew* they wer correct. I askt to see the big hall clock as I am a "clock lover" too. I saw that that big clock was seventeen minits slower than my watch and as my watch had been set that day by the Western Union clock, I felt that my time was right and his rong. I told him of the difference in our time pieces and he said he understood how it was, becaus *he had regulated all the other clocks to agree with that big hall clock,* simply assuming that it could not be rong.

How true that is to life. Take our institutions of lerning—colleges and scools of all sorts—the pupils ar regulated on a standard to fit with that of the instructors and if the instructors ar rong, their teaching is also rong.

* * *

Selfishness is the caus of ALL wars—no exceptions.

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OLD-SCOOL TEACHING WIL NOT MAKE NEW-SCOOL GRADUATES!

If our medical-scool professors ar a hundred years behind the times, what can we expect of the doctors they turn out! The same holds true of all other scools, but does no special harm to their graduates. However, for *physicians* it means a great deal and especially does it mean a great deal to the PUBLIC!

* * *

"His dog is the absolutely unselfish frend a man may hav in this selfish world; the one that never deserts him, never fails him; the one that never proves ungrateful or trecherus."

* * *

"Prepare for war and yu get war."

* * *

"War on high prices" carries no casualty list up to this riting.

* * *

"Decanterbury pilgrims" ar those who seek "illegal" intoxicants.

* * *

"Brains before birth" is a good slogan for any nation.

* * *

Not long ago an intoxicated Chinese in "heathen China" was a very rare sight. Now that "civilized America" is pushing the sale of intoxicants in China, as much drunkenness is present as in a "civilized" cuntry.

* * *

"Civilization" means fisical deterioration the world over.

* * *

More would say what they think if they thot they could get away with it.

* * *

Many liv to kil time, but it is time that eventually kils them.

* * *

Forgivness is the cream on the "milk of human kindness."

Digitized by Google

Trubl seldom unmasks when it cums as a "blessing in disguize."

* * *

Wouldn't we all be more happy if we didn't *try* to be more happy?

* * *

"Some folks ar like the lightning bug
That hasn't any mind,
And flies into the future
With its hedlight on behind.
Some think they'r going forward,
When they'r really going back;
They're looking o'er their shoulder,
While on the backward track."

* * *

The creator is greater than the thing created.

* * *

A person has to do some tipping before he becums tipsy.

* * *

According to statistics, ethical doctors (those belonging to the union) hav raisd the deth rate in this cuntry 5 per cent. over and above what it would be without any doctors at all. This in spite of the fact that the non-ethical physicians (those not belonging to the union) hav a record of a deth los of les than one-tenth of one per cent. of those treated. The deth los of those treated by the politico-medical doctors is over seventeen per cent.

Let some mathematician figure out what the rais of deth rate in this cuntry would be wer it not for the "non-ethical" physicians. It would astound even the war-deth statistician.

* * *

"Being unabl to maintain its ground on merit, the politico-medical fraternity seeks to do so by compulsory legislation, just as the church did in the Middl Ages.

If they wer not blind, they would see that such methods cannot possibly work in this democratic age.

The people wil not endure State medicin any more than a State church."—*Dr Brook in Los Angeles Times.*

Digitized by Google

"Don't hurry; don't worry; keep your hed cool, your feet warm and your bowels open."—*Dr. Brook.*

* * *

No one can recognize a stream of pure water after it has run thru the gutter of a city.

* * *

In judging or studying a peopl, race, or nation, we must not select individuals, or groups of individuals, from which to base our opinions, but we must study the collectiv thot of the *whole* nation. No nation ever known has anything to brag of, if the acts of certain leaders ar to be taken as the acts of the *nation.*

* * *

All together now, let us all work for the METER-LITER-GRAM sistem as the standard for all weights and mesures. It means PROGRESS. We must either go backward, stand stil, or go ahed. *Let's go ahed and keep going.*

* * *

Most of us eat our way into trubl and therefore must eat our way out.

* * *

Candid and honest debate is the only safety for free institutions.

* * *

"It is dangerus to term as a 'Bolshevist' a man who is doing what he assumes to be for the benefit of mankind, and unjust to say without reason that he is disloyal or unpatriotic.

"The only safety for free institutions is to welcum candid and honest debate. If we hav institutions that cannot be defended, they ought to be changed."—*Gov. Coolidge of Mass.*

* * *

Statistics sho that over two-thirds of all inmates of prisons —murderers included—ar mentally defectiv. This PROVES that they average about as bad as those outside of prisons.

* * *

One per cent. of actual performance is worth more than one hundred per cent. of good intentions.

Digitized by Google

Capital punishment interferes with the operation of justis.

Capital punishment demoralizes a community. It is almost as bad as the torturing of innocent, helpless animals, which, from our supposed higher intelligence, we ar natural gardians of.

Legalizing a sin makes it no les sinful.

Any acts or customs which tend to dul the sense of kindness, gentlness, and love for others—humans or sub-humans, make us just so much les human.

* * *

It is not how *long* one livs; it is how *much* one livs—The tortois livs long, but not much. The bee livs much, but not long.

* * *

False conceptions cannot be fought by suppressing them.

* * *

"No man is good enuf to govern the other without the other's consent."—*Abraham Lincoln.*

* * *

Caress sin and yu wil embrace remorse.

* * *

What would happen if the prayers of all our enemies wer anserd?

* * *

He who travels a new path must expect to get scratcht.

* * *

"Ah, but a man's reach should excede his grasp
Or what's a heven for?"—*Robert Browning.*

* * *

Man's bounden duty is everywhere and in all things to forward the progress of humanity. The supreme virtue is *sacrifice*—to think, work, fight, suffer, where our lot lies, not for ourselvs but others, for the victory of good over evil.—*Mazzini.*

* * *

Clinical efficiency wil improve in direct ratio with the improvement in the sistem of diagnosis.

Digitized by Google

God speed the time when Our Cuntry shal hav returnd to her nobl principls of independence—of "liberty enlightening the world."

* * *

For each thing that is "impossibl" there ar two things which *ar* possibl and which wil accomplish the same results.

* * *

"*Truth* wears no mask; bows at no human shrine; seeks neither place nor applause—she only asks a hearing."

* * *

There ar two classes of peopl in America. The majority ar Americans, believing that *right makes might;* and the minority who ar *un*-American who say that might makes right. How long wil the majority allow the minority to make our laws?

* * *

Liberty bilds fences between neighbors' fields, and a true American would not damage that fence.

Liberty allows yu to bild a fence around your lot and allows yu to til every inch of your lot, but it does *not* allow yu to break thru that fence into the other man's lot.

Liberty means freedom with what is yours within the law, but *Liberty* also means "hands off" the other fellow's property.

* * *

I believ every citizen should be garanteed absolute freedom and choice in matters of helth, control of his person, and in the prevention and cure of diseas; further, that the State has no more right to discrimnate between methods of healing than between sistems of religions.

* * *

A wel-traveld road is not necessarily a good one to follo.

* * *

The only thing that seems abl to stand on a poor fundation is scandal.

* * *

"The richest man, whatever his lot,
Is he who's content with what he's got."

Digitized by Google

The Allies gaind a victory in the World War thru standardardizing with metric units—meter, liter, gram.

To compete with the World Trade, the U. S. A. must standardize all weights and mesures according to the metric sistem.

* * *

If you want a thing, *wil* it. Don't *wish* it.

The Chinese say: "Great souls hav wils—feebl ones hav merely wishes."

* * *

Our cuntry is restless becaus too many ar resting.

* * *

An absorbing subject—a sponge.

* * *

More than half the peopl pick their pockets to poison their bodies.

* * *

Helth is sinonimus to harmonius vibration.

* * *

A thin, anemic woman was accosted by her frend on the street: "Why, Mary, how pale and thin yu look! I thot yu wer going south for your helth." "I was," said Mary, "but my doctor has offerd me such a lovely bargain in operations —a major operation for one thousand dollars, and, of course, I can't resist that."

* * *

The U. S. Government report shows the annual *per capita* consumption of opium, figuring all derivativs on an opium base,

3-5 of a grain in Austria
1 grain in Italy
2 grains in Germany
3 grains in France
36 grains in the United States

Fully two-thirds of this cums thru *physicians' prescriptions.* This shows that U. S. physicians ar doping their trusting patients eleven times more than any of their European confrères. Is it any wonder that the U. S. has so many opium fiends? Is it any wonder that the "doping doctors" ar being shund by the respectabl community?

Digitized by Google

In 20 years 7,700,000 automobiles hav been produced in the U. S., but there ar stil 21,534,000 horses and 4,925,000 mules in the cuntry. There never wer so many horses in the U. S. and they never wer so valuabl as now.

* * *

"Labor is the truest emblem of God."

* * *

In the year 1906, as reported by the Registrar General of England, out of a population of 21,000,000, 21 died from smallpox and 29 died from vaccination. In 1907, 10 died from smallpox and 12 died from vaccination. In 1908, 12 died from smallpox and 13 died from vaccination.

By the way, vaccination originated in Germany where force and compulsion has been made a fine art. Why ar so many of the Germans pitted from smallpox? Is it not time that we physicians look into the TRUTH and ar not led around by our noses by fanatical "sientists," who, thru superstition or commercialism keep the vaccination mith in our scool books? I, for one, want to KNO the TRUTH and am seeking after TRUTH.

* * *

A true man, like a true patriot, *fights* for liberty, not for gain.

* * *

Life is an everlasting change—always progressing if allowd to.

* * *

In New York state twice as many ar kild from lightning as from smallpox. Soon some fanatic wil try to hav laws past to compel the inhabitants to wear lightning rods. Let the "sientists" wear them and as long as they ar protected they need not worry, unless they get a percentage on sales from some lightning-rod maker.

* * *

If foreners don't like this cuntry, let them go home, but if they wil not go home of their own accord, this cuntry must send them home, if they don't behave. This is in accord with the most elementary logic.

Digitized by Google

The "Old Foren Policy" for the U. S. has workt wel for a century and a third. Why not let wel enuf alone. Experimenting with new explosivs is dangerus.

* * *

"No principl is better establisht in the laws of nations, as wel as in common reason, than that one nation is not to be the interpreter of the constitution of another. Each nation must adjust the forms and operation of its own government." —*James Madison.*

* * *

Over four hundred and fifty million dollars' worth of goods wer manufactured in Los Angeles, California, during the year 1919. $450,000,000.00 in *manufactured goods* is a good deal for a "garden spot," or a "play ground," as this city is affectionately calld.

* * *

Color is the finger-print of light.

* * *

"Diagnosis of Tuberculosis.—The diagnosis in the erly stage of tuberculosis must and should often be made before the bacillus can be found in the sputum and before the examination of the chest can giv any help."*Bulletin Maine State Deparement of Health,* October, 1919. ("The Bio-Dynamo-Chrimatic Sistem of Diagnosis is the ONLY sistem yet known that wil diagnose tuberculosis at its very beginning." Many of the largest institutions in America hav said this.

* * *

Some peopl go about with a face so long it would hav to be washt lengthwise in a bathtub.

* * *

Nature is a bouquet of colors everlastingly changing.

* * *

Publicity sweeps the cobwebs from the path of progress.

* * *

Muddy water appears deep, tho it may be very shallo. Clear water appears shallo, tho it may be very deep.

Digitized by Google

"There is nothing that makes men rich and strong but that which they carry inside of them. Welth is of the hart, not of the hand."—*Milton.*

* * *

The latest army records sho that the vaccinated persons had smallpox as redily as those who wer not vaccinated. Surely with the army records before our eyes, we can never again say that vaccinating to prevent smallpox is of any value. Thus pas one by one the superstitions of fanatical "sientists."

* * *

To kno one drop of salt water is to kno the ocean.

* * *

Bucephalus (ox hed), the famus wild horse of ancient history, was tamed by Alexander the Great, while he was only a yung boy, becaus he observd that the horse was afraid of his shado. He made the savage animal face the sun and that tamed him.

Many a man might be tamed if he wer not afraid of his shado.

* * *

Monotony of life is destructiv—it tends toward vice.

* * *

He who seeks the easy path wil ever be a trailer.

* * *

Donning overalls to solv the "high cost of living" wil make the price of overalls go up. Going naked to solv the H. C. L. wil make the price of beauty doctors go up—and so up things go. *Self sacrifice would quickly kil the H. C. L.*

* * *

"If all the drugs wer cast into the sea, it would be wel for man and bad for the fishes."—*Dr. Oliver Wendall Holmes.*

* * *

"Pain alone can kil."

* * *

A bird in the bush is worth two in the hand.

Digitized by Google

Better be "long" on helth and "short" on germ lore. The one can't liv with the other.

* * *

Mars talks to us? Not on your life—we arn't in her clas.

* * *

Sentences, like sunlight, burn most when most condenst.

* * *

"To meet upon the levl,
Is an eazy thing to say,
But when it cums to practis,
Do we do it every day?
Do we meet him on the levl,
If the brother chance to be
Just a littl out at elbo,
Or baggy at the nee?"

* * *

"Caracter is more than intellect. A great soul wil be strong to liv, as wel as to think. Goodness outshines genius, as the sun makes the electric light cast a shado."—*Emerson.*

* * *

"Wel, gentlmen, here we ar all in the 'Garden of Eden.' I wonder who wil play the snake."—*Lloyd George.*

* * *

Very few birds look wel out of their fine fethers. This also aplies to the "overall flock."

* * *

Sincerity is the first element of success in all walks of life.

* * *

To kno how not to kno is the last word of wisdom.

* * *

The "navel orange" was first brot to California from Brazil by a missionary. That was forty-five years ago. Now over 175,000 acres ar planted to navel oranges in California alone. "California knows a good thing when she sees it."

Digitized by Google

$1,000 in 1920 is of the same *real* value as $435 in 1913. Mistics say "seven" is the number denoting "perfection." "May I not hope" that things wil soon change?

* * *

Ouija boards wil always bring more sorro than happiness.

* * *

A noted sientist says the only difference between the "lower animals" and humans is that the latter hav the power to say "NO." Lots of humans that I hav herd of can't say "NO." I wonder what order *they* belong to.

* * *

The lamp lighters in England ar women. I always thot they would reach the "high light."

* * *

It is said that over 80,000 persons in Great Britain increast their annual incum over $25,000 during the World War. In counting those in the United States who *quadrupld* that, the adding machine broke down in grief. *Beware of the one who says "wars ar necessary."*

* * *

If a collar is too tight it chokes. If it is too loose it irritates.

* * *

The world wil never find a substitute for work.

* * *

If your liver is out of order, yu ar sure to think your lover is out of order.

* * *

"So many gods, so many creeds,
"So many paths that wind and wind,
"When all this sad world needs,
"Is just the art of being kind."
—*Ella Wheeler Wilcox.*

* * *

Judge no one by what he HAS—Judge him by what he DOES and HOW he does it.

Digitized by Google

There ar 24,000 vacant houses in rural New York alone. Soon there'l be a rude awakening.

* * *

Truth is so novel in "diplomacy" that it is not recognized.

* * *

An acre of ice eight inches thick weighs 826 tons.

* * *

Lasting prosperity consists in producing more than is consumed—not in consuming more than is produced.

* * *

"The big politicians" ar "joy-riding" in the dark.

* * *

History shows that a real-estate boom marks the last stage of value inflation. We all hope "history repeats itself" in this respect.

* * *

Nothing is new except that which has been forgotten.

* * *

A "Red-Blooded" American is NEVER a "Red" American.

* * *

Laws ar supposed to keep judges from mis-judging.

* * *

He is a freeman, whom the truth makes free, all others ar slaves. Wo to the man who binds himself in errors of his own forging.

* * *

"Uncl Joe" Cannon's name appeard on the same political ballot as that of Abraham Lincoln. We can wel endure the "cannonades" from such a cannon.

* * *

The "pindar" of India and the "goober" of Africa is our old frend, The Peanut of America.

* * *

"Migratory workers" "work while yu sleep."

* * *

A long memory often makes a long face.

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Natural Nature progresses slowly and stedily—She makes no leap—*"Natura non saltet."*

* * *

Always remember that "it could hav been worse."

* * *

A man may liv as a conqueror, a king, or a statesman, but he must die as a man. Deth throws him upon his own individuality and thru his "dark vally" (his life's reflection) he must walk—alone.

* * *

Idlness is the burial of a living man. Every man should desire to labor to leav some Master work behind that wil outlast his own day and generation.

* * *

Knoledge is the most real and genuin of human tresures. Education, instruction, and enlightenment ar the sure means by which fanaticism and intolerance can be renderd powerless. Let it begin to rize from erth toward the stars.

* * *

"Better hav commonsense without the education, than education without the commonsense."—*Ingersol.*

* * *

Let the game that yu play be of more interest to yu than the game the other fello plays.

* * *

Then and now: "Thou sayest the sooth." (A. D. 920).
"Ain't it the truth?" (A. D. 1920).

* * *

A stray dog, befrended by a family living at Chelmsford, Mass., saved the entire family from being burnd to deth while they slept. I hav herd of some two-legged animals, calld "humans," who wouldn't hav done as much.

* * *

New York City could not expand length-wize nor side-wize, so it has expanded "heven-wize" and "hel-wize."

Digitized by Google

I see by some of the eastern papers that the name of this old erth should be changed to *"Pre-Paradise."* Upon inquiry as to who rote the articls I lernd that it was a tourist who had spent this winter in Southern California. (I expected as much when I began the investigation.)

* * *

"A universal feeling, whether wel or il founded, cannot be safely disregarded."—*Abraham Lincoln.*

* * *

Birds ar "clean" becaus they bathe themselvs in dry dirt. Fish ar "clean" becaus they liv in water. A pig is "unclean" becaus he wiggls about in a mixture of water and dirt and has to put to rout a rout of bugs in routing for roots in "clean" dirt.

* * *

Just as I thot the "drives" for mony wer over, there cums an announcement of "wildcat campaining by ecclesiastics." When I was a boy we used to make *real* drives for wildcats. I am cleaning up my old "flint-lock" at od times.

* * *

Hevy meat eaters ar always restless. Their food *whips* up a stimulation and rushes the victims to an erly grave.

* * *

"Wet" Europe can never compete with "dry" America. Foren agitators kno this.

* * *

According to the New York State Helth Commissioner there hav been only four or five deths from smallpox a year for five years in that state of over eight million inhabitants. Les than half of those inhabitants ar vaccinated against smallpox. *Sanitary engineers* ar to be thankt for this great advancement.

* * *

We had better lern how to interpret the "voices" on this planet before we try to interpret the "voices" from other planets.

* * *

There's a "real charm" in white rabbit skins at a dollar each.

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The sience of the future wil be *democratic,* for the future (in the broad sense of the term) is going to be *democratic.*

* * *

WHAT OF THE DAY?

When the sun sets lo in the western sky,
  And the lengthening shados fall;
When the world is slowly sinking to rest,
  And silence is over all—
Let us think of the day that is ebbing away,
  And how we hav spent all its hours.
Hav we walkt in the paths of duty,
  Or sought those strewn with flowers?

  Hav we cheerd a hart that was bowed with care,
  And longing for kindness and love;
Or did we forget the cheer-bringing word,
  To lift and to point it above?
"In His name" did we offer the cool, brimming cup
  To the stranger we met to-day?
Or wer we too busy to notis his need
  As we past him there in the way?

Did we smile and sing 'mid the toil and the strife,
  Did we do what He'd hav us to do;
Or allow the world and its selfishness
  To overcum the good and true?
Did we utter an angry, a hasty word,
  Which pierst like a cruel dart,
Which, cutting and keen as the sharpest sword,
  Has wounded some brother's hart?

If the deepening shades of the twilight hours
  To our hart bring joy and rest
That is won by smoothing another's path.
  Then we indeed ar blest.
But if a sorro or care we'v brot
  To someone whose path we crost,
Or thotlessly wasted the hours on self,
  Then count that day as lost.

—Lillian Whiting.

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When a person gets to the pas that the groans of suffering animals do not excite pity for them, he has gotten to that condition which makes him lower than the brutes.

* * *

A famus riter says wine is necessary for his soul. I could name several pickling solutions that ar more reliabl.

* * *

The lure of the lamp on the Statue of Liberty has causd the deth of thousands of birds of the air. I wonder how many peopl hav lost their lives by folloing the lure of the lamp of "liberty!"

* * *

A sientific investigator is a scout, a forerunner, for his fellows.

* * *

The discovery of the difference between conductors and non-conductors of electricity was made by an inmate of an almhouse in England a few centuries ago.

* * *

"An engineer is one who directs the economic use of matter as energy. An electrical engineer is an engineer who employs electrical methods."

* * *

Lot's wife took everything he told her with a grain of salt, and—wel, yu kno the result.

* * *

A celebrated Chicago physician says that "Profiteering" is a diseas and that it is hard to get it out of the sistem. For goodness sake get Rockefeller's "Reserch" Laboratory at it quick so they can get out an antitoxin. Then get out laws to hav the Boards of Helth compel everybody to be "treated."

* * *

Peopl would liv better and fear les if they knew the fact that no "microbes" ar found to indicate certain diseases until the diseased condition had manifested itself. The greatest sientists kno it. Why not educate the peopl along the same lines?

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High prices has been so scared that he is going higher for self-protection. Uncl Sam's fleet of aeroplanes paid for to be used late in the late war, should be abl to catch him.

* * *

High wages do not produce efficiency. High wages do not produce thrift.

* * *

I don't believ that any physician, who is successful as a physician, ever tries to get into politics.

The God of Longevity

One of the very erliest developments in medical history was the cult among the Chinese of the *"God of Longevity"* whose picture is given here. He was said to inspire his devotees with suggestions as to the mode of life which would make them liv long. His statues ar noted for their bright smile and for the generally complacent appearance of the divinity, as if it wer a primary doctrin of his cult that the most important thing in the world for long life was to *take everything smilingly* and forget about the hard things of existence.

Thus we see that the mottos such as, Keep Smiling, Smile and Liv Long, Smile and Make Others Smile, Be Happy, etc. ar simply mottos of thousands of years ago reborn.

Digitized by Google

"Medical history is a history of mistakes."—*Charles Edward Russell.*

* * *

Most wel-posted persons would rather talk to Venus than to Mars.

* * *

It is hard to make an old dog *enjoy* new tricks.

* * *

"Leg-power" aeroplanes wil soon be the go. Then where shal we erthly fellos go?—To the cellar.

* * *

He who "rules" today may be a "refugee" tomorro. This is a "rapid-change" age.

* * *

Old and Sound Advice

Probably the oldest book in the world is the book entitld, *"The Instruction of Ptah-Hotep."* In this book is a letter of advice ritten by an Egyptian father for his son over 5,000 years ago. It warnd the son not to consort with lewd women becaus of the danger of venereal diseas that he would encounter.

* * *

Influenza Long Known

Hippocrates, the "Father of Medicin," is author of the expression: "Art is long, time is short, and judgment difficult." He rote a description of influenza 400 B. C., which shows that the diseas existed among the ancient Greeks.

Influenza was also described in the first book of Homer's Iliad. It attackt animals as wel as humans. When attacking animals, it was known as epizoötic.

* * *

Tuberculosis and The Natural Way

Galen, the famus Greek physician of Marcus Aurelius, the Roman emperor, rote a good deal regarding tuberculosis and, altho he had tried many remedies for it, yet at the latter part of his life he declared that *the only remedy for tuberculosis was fresh air, sunshine, and good, nourishing, easily assimilated food.*

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The Chinese hav given us the cue that they originated the term "Yankee." They hav a term "Yang jung" which means "yu ar a yung forener." The Chinese move fast when one is not peeking.

Specializing an Old Custom

The Egyptians evidently developt medical sience and practis to a very considerabl degree.

In one of their ritings they mention the fact that *specialists* might be abl to heal *certain parts* of the body, but wer ignorant of the body as a whole.

The first physician of whom we hav any definit historical record was I-em-Hetep who livd in the reign of Tosher of the Third Dynasty of Egypt, probably 4,000 B. C.

So much admiration did the Egyptians hav for him that they bilt a step-pramid at Sokkara in his honor. This was one of the very erliest of the pyramids, and it shows in what honor and reverence they held this Egyptian Aesculapius.

The sketch here given shows an ancient statue of *I-em-Hetep.*

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UNIV. OF CALIFORNIA

Old Greek Physicians Wer Thinkers

It is a noteworthy fact that the Romans depended upon Greek physicians for their medical care.

Alexander of Tralles in the book entitld, *"Old Time Makers of Medicine,"* is quoted as saying that a physician should be an inventor and think out new ways and means by which the cure of the patient's affection and the relief of his simptoms may be brot about.

Thus it can be seen that the same tendency that is warping the medical profession today had to be contended with ages ago, namely, the folloing of a rut whether it led anywhere or not.

Independent thinkers in the healing art hav always been in demand and always wil be.

* * *

The First Medical Scool
a Progressiv Naturopathic Institution

The first medical scool was at Salerno in Southern Italy, and came into existence in the tenth century, and was under the influence of Greek physicians.

This institution was famus as a ***naturopathic institution*** and taut that the principal remedies for all ils of mankind wer diet, water, exercize, fresh air, sunshine, and a happy disposition.

I believ this same medical scool was the first to use anesthesia. It is recorded that they used a combination of mandragora, opium, wild lettis, and hyoscyamus in tincture form, soakt it up in a new sponge, dried it in a sponge, then dipt it in warm water and had the patient inhale the steam.

Theodoric, one of the old riters on medical subjects I believ was educated at Salerno. He mentions the fact that some of the very best surgeons obtaind *"healing by first intention"* and he mentions *"dry dressings."* Strong wine was aplied on linen cloths and as the wine evaporated, the dressing was spoken of as a "dry dressing."

Altho most surgeons of that time and for centuries hav declared that it was impossibl to avoid pus formation, yet this riter said that his father, who was a surgeon, had proved that pus formation folloing a surgical operation was not necessary.

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Mercury an Ancient Cure

Italian surgeons wer probably the first to use mercury for the treatment of *sifilis* in the latter part of the thirteenth century.

Some of the most beautiful hospitals ever bilt wer erected during the thirteenth, fourteenth, and fifteenth centuries.

French surgeons developt the mercury inunction method for the treatment of sifilis in the fourteenth and fifteenth centuries. Becaus the French surgeons devoted so much time to the study of sifilis and rote so much about it, it was calld *"Morbus Gallicus*—the French diseas.

The man who first used the word, sifilis, was *Fracastorius,* whose Italian name was Girolamo Fracastoro. He used it in a poem entitld, *"Sifilis Sive Morbus Gallicus,"* which was publisht at Venice in 1530. He recognized the fact that sifilis was a venereal diseas, and was of the opinion that some form of micro-organism was the caus of infectious diseases.

Like many other famus investigators, Fracastorius was not abl to recognize the fact that *the micro-organisms that ar found with so many varius diseases ar never found until after the diseas is wel advanst.*

* * *

Bombastic Bombastus a Reformer

The word, *bombast,* was taken from the middl name of a Swiss physician whose name was Paracellsus Bombastus ab Hohenheim. He "stormd" his knoledge upon the peopl, and opposed almost everyone else's knoledge. He was the first to giv medical lectures in common language, and publicly burnd the works of Galen and Avicenna, and insisted that physicians must think for themselvs. He upbraided witchcraft and the itinerant quack, altho he himself believd in the influence of spirits, etc.

No dout Paracellsus was sincere and correct in denouncing the great prevailing error among sientists—letting someone think for them rather than being original. Probably the reason for his being so "bombastic" was becaus of his disgust for the meaningless words and expressions used by so many physicians of his time. He evidently belongd to thinkers like the physician Ambroise Paré who believd in using the vernacular rather than the stilted, classical expressions when speaking of the body and its ils. This of course was disliked by the

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College of Surgeons of Paris. *Big words do not mean big ideas and ar often used to cover up littl minds.*

* * *

Ambroise Paré, the self-made "barber-surgeon," thinker and innovator, who died in 1590, was the physician who made the famus expression, "I treated him, God cured him."

* * *

The Old and the "New"

In the middl ages of the Renaissance, bleeding, cupping, leeching, purging, etc. wer in vogue, their idea being that all diseas was causd by the presence of poison in the body and the poison must be removed. At the present time the notion is that the poisons in the body must be kild by some anti-toxin and that wil make the body wel. I believ one idea is just as bad as the other. The toxins in the body cannot be drawn out thru the blood. Neither can they be kild in the body without doing the body as much harm as tho the patient wer bled. I believ that the time is cumming when all such practises wil be ignored and *The Natural Way* wil hav its sway.

To remove toxins from the body do not put other toxins in. Let the body rest and Nature wil do the curing.

The idea that auto-intoxication—self-poisoning—can be cured by drastic mesures is all rong. Some ar even suggesting that the whole large intestin be removed to cure all diseas. One might just as wel say that the way to keep a sewer clean is to cut it out rather than keeping filth out of it.

History repeats itself. Before the deth of any long-cherisht notion in sience, including medicin, there is a great struggl to compel peopl to believ it. Thus we see *political medicin* thruout the world trying to be forst upon the public becaus its fundamental principls ar rong, and the deth-struggl is a hard one, but wil eventually be won.

* * *

Credit

"Be good to Credit and it wil be good to yu.
Use it, and abuse it never;
Make it a financial asset;
It is a good balancer for budget and stubs."

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Chemical Analisis of a Man

A man weighing 150 pounds aproximately contains 3,500 cubic feet of gas, oxigen, hydrogen and nitrogen in his constitution, which at 80c a thousand cubic feet, would be worth $2.80 for illuminating purposes.

He also contains all the necessary fats to make a 15 lb. candl, and thus with his 3,500 cu. ft. of gases, he possesses great illuminating possibilities.

His sistem contains 22 lbs. 10 ozs. of carbon, or enuf to make 780 dozen or 9,360 led pencils.

There ar about 50 grains of iron in his blood, and the rest of his body would suply enuf to make one spike large enuf to hold his weight.

A helthy man contains 54 ounces of fosforus. This dedly poison would make 800,000 matches or enuf poison to kil 500 persons. This, with 20 lbs. of lime, makes the stif bones and brains.

No matter how sour a man looks, he contains about 60 lumps of sugar of the ordinary cubical dimensions, and to make the seasoning complete there ar added 20 spoonsful of salt.

If a man wer distild into water, he would make about 38 quarts, or more than half his weight. He also contains a great deal of starch, clorid of potash, magnesium, sulfur, and hydrocloric acid in his sistem.

—*Outdoor Life.*

* * *

Publicity

The meat packers' publicity drives employ sindicate riters to "educate" the public to the point of thinking that "meat is good for them."

The sugar refiners' sindicate riters say sugar is good for everyone, and wil even cure tuberculosis.

The beer brewers' and distillers' sindicate riters ar trying to sho that all crime is causd by lack of *good* alcoholic beverages, and that all would be wel if peopl "took a nip" daily.

The yeast makers ar employing the highest-paid riters to convince the public that they only need their yeast as a food to make them "wel-raised."

The American Tobacco Association sindicate riters say

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"cigarets won the war" and that tobacco is "good for all that's the matter with yu."

The manufacturers of all sorts of "witches' brew" keep sindicate riters busy sending wel-ritten articls for all publications to educate the public in the belief that their special brew will cure or prevent diseas.

So it goes. The "dear public" is made the "goat" of the publicity men employd at high salaries to camouflage them, and the editors of the popular magazines and publications "fall for it" becaus of the apathy of the public in *demanding* honesty.

Once the public wakes up to fact that "sindicate riters" ar a menace to them becaus of the commercialism back of their work, they wil refuse to patronize such publications. We ar all sitting on the apex of a volcano now, and there is no telling how suddenly it may burst and the public be awakend.

Publicity possesses the pasword to power and to prosperity.

Publicity causes the public to pause, to ponder and to purchase.

Publicity plays pranks with the plans of politicians.

Publicity uses the pen, the pres, and the printed page.

Great publicity is now and then given to the fact that great donations have been made for certain colleges and "reserch laboratories," and the next thing we read is that gasoline has been advanst in price. Even the "vaporings" of gasoline aid in publicity to benefit (?) the "dear peopl."

* * *

Littl daubs of powder
Littl drops of paint
Catch the silly feller
Be he fiend or saint

* * *

It is grammatical to say that *that* that that *that* person used in riting is not *that* that that he should hav used. That that man that used that *that* that seemed incorrect knows pronouns is putting it mildly.

* * *

A pipe smoker's mouth is a "pipe organ."

* * *

Most peopl, like trees, begin to die at the top.

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Cup Queen, the champion Jersey Cow, made 930 pounds of butter in one year. She ate no differently than other cows and workt no longer. She *"just made butter"* and beat the record.

* * *

Who says we ar not "taxt without representation?" Gasoline, for exampl, goes up without a match.

* * *

During the past year 95,963 births wer the Mother's FIFTH child. Who dares say "Theodore Roosevelt can't influence the birth rate now he is ded?"

* * *

The finest "prize" strawberries ar grown in human excrements.

* * *

"Bathing-suit parades" need bathing.

* * *

Those who can't make *this* world "sit up and take notis" want to interest Mars.

* * *

"Mud slinging" dirties the throwers' hands whether it hits the other fello or not.

* * *

"Mourning is essentially a Pagan custom.
It is thoroly unchristian both in its origin and its simbolism.
If yu feel sure that the departed has gon to Hades, then mourning is apropriate.
If to Heven, what is there to mourn about?
Life hereafter is our belief.
Old Mother Grundy keeps mourning popular.
It is a holdover in its entirety from Paganism.
A person in mourning is unsightly—a blo to the eyes of their frends becaus of the depression it causes.
It is morbid to start with; and begets morbidity.
If yu really believ Heven is after this life—if yu believ in the forgivness of sins—then for Heven's sake proclaim it in reasonabl clothing, not black, advertizing the fact that yu really do not believ what yu profess to.

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Driven Wild by Campains

In anser to a letter from his bank calling his collateral loan, a man rote the folloing letter, a copy of which was receivd by a Reno, Nevada, bank:

"For the folloing reasons I am unabl to send yu the check yu ask for:

"I hav been held up or held down, sand bagd, walkt on, sat on, flattend out and squeezd—first by the United States Government for federal war tax, the excess-profit tax, and the liberty-loan bonds, thrift capital stock tax, merchants' license, and auto tax, and by every society and organization that the inventiv mind can invent to extract what I may or may not possess, then by the Society of John the Baptist, G.A.R., K. of C., the Woman's Relief, the Veterans' Relief, the Navy Relief, the Red Cross, the Purpose Cross, the Starry Cross, the White Cross, the Dubl Cross, the Y. M. C. A., the Y. W. C. A., the Boy Scouts, the Camp Fire Girls, the Jewish Belgian Relief, the Armenian Relief, and every hospital in the town. Then on top of it all came the Associated Charities.

"The Government has so governd my business that I don't kno who owns it. I am inspected, suspected, examind, reexamind, informd, required, and commanded, so I don't kno who I am, where I am, or why I am here. All I kno is that I am supposed to be an inexhaustibl suply of mony for every known need, desire or hope of the human race; and becaus I wil not sel all I hav and go out and beg, borro, and steal mony to giv away, I hav been cust, discust, boycotted, talkt to, talkt about, lied to, lied about, held up, hung up, robd; and the only reason I am clinging to life is to see what in hel is cumming next."

* * *

"Yu never can tel what thots wil do
In bringing yu hate or love,
For Thots ar Things, and their airy wings
Ar as swift as a carrier dove.
They follo the Law of the Universe,
Each thing creating its kind;
They speed o'er the track to bring yu back
Whatever goes out from your mind."

* * *

Today is here. Tomorro may never cum. Act accordingly.

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Wer I to choose between a lazy man and a ded one, I would choose the latter—his "upkeep" is les, and one does not hav to wonder why he doesn't "get a move on."

* * *

Don't punish yourself by getting "mad" at the other fello.

* * *

An "out-law" strike reminds me of the littl red parasites that liv under the wings of flies.

* * *

Tearing up a board sidewalk is making a board walk.

* * *

"That reminds me" of the horse-fly that made the horse fly.

* * *

A "moonshiner" pays his revenue internally.

* * *

It requires more skil to load a ship than to unload it.

* * *

It is wel said that "the plow share is the stabilizer of industry"—unless it strikes an unexploded bomb.

* * *

Wanted—A word more hellish than hel.—If "war is hel," what is "peace" as we ar now seeing it?

* * *

If peopl would liv for their cuntry, no one would be forst to die for her.

* * *

"Patriotism" as it has been enacted for the past few years would not be recognized by our forefathers.

* * *

What is the difference between "The Senate Chamber" and a bull-fight ring? Both "play to the galleries" for mony and gore.

* * *

No wonder public prayer makers close their eyes.

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When the world's greatest appendectomy lunatic rote a frend "in confidence" that he did not find more than one "real bad" appendix out of five hundred, he "put his pen in the deck." When the public began to absorb this "inflammation" appendectomies "fel off the tobaggan." (Tonsilectomies wil soon take a fall.)

* * *

If you hav fears regarding the finish, don't start.

* * *

Without caracter all animals and things would be equal.

The Toad's Bagpipe

Anyone who has livd in the cuntry is familiar with the songs and calls not only of the birds but of toads, frogs and insects. Around every pond or pool or thicket one wil hear the familiar bag-pipe sound of the toad or frog.

Very few peopl kno how the toads or the frogs produce their melodius sounds. The accompanying illustration is a pen and ink drawing from an actual fotograf of a toad in the act of producing his familiar call. The voice mecanism of the frog is the same.

Altho frogs and toads sing more or les by day, yet they prefer the nite when the voices of the fetherd songsters ar stild. Some species of frogs and toads always face in a certain direction when making certain sounds. This seems to sho that they ar influenst by the magnetic forces of the erth.

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Toads seek the water erly in the spring for breeding places, for toads like frogs begin life as tadpoles.

One can very redily distinguish the difference between a frog and a toad by the shape of his front feet—the frog's ar webd while the toad's ar not.

* * *

All living things or beings first seek self-preservation then self-propagation. Humans, if they differ at all from other animals, possess ambition. Without ambition, life is simply life.

* * *

Much of the Daily Press cloroforms its victims while parasites pick their pockets.

* * *

It would seem that bleaching the hair was a caus of insanity if the number of persons who "go crazy over a blonde" is any criterion.

* * *

I propose that stump speakers be compeld to wear mud gards over their mouth.

* * *

The bald-headed fello who buys a hair brush and comb at the same time that he buys a bottl of wel-advertized "hair restorer," can be calld an optimist.

* * *

Said the Sientist to the Protoplasm,
" 'Twixt yu and me is a mighty casm,
We represent extremes, my frend,
Yu the beginning—I the end."

The Protoplasm made reply,
As he winkt his embryonic eye,
"Wel, when I look at yu, old man,
I'm rather sorry I began."

* * *

What a burning, stinking shame, over 1,549,000 acrs of our very best producing land is given up to raizing "the devil's weed"—Tobacco.

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There appears to be a concerted movement on foot to popularize the use of Tobacco as wel as cigarets. Magazines, that used to be respectabl ar now carrying advertizements of the dope fiend's best frend—cigarets. Watch the wave of degeneracy rize!

* * *

The cigaret habit is in many ways worse than the opium habit and wil soon hav to be handld in the same manner. When a father or a mother sets the awful exampl to their children or to the children of others, of dope taking—cigaret smoking—it shows how the effects of Nicotin can pervert a nation.

* * *

Promises should be made with caution and kept with care.

* * *

Sanitary Engineers as Helth Offisers

I am often askt why I am constantly talking and riting to the effect that sanitary engineers should hav charge of our Public Helth Departments. That my readers may kno just why I think physicians should not hold any of these offises in the Helth Department, I wil giv my reasons. These same reasons hav been voist by some of our very best known educators and physicians.

We must remember that physicians ar human the same as other peopl, and they ar just as liabl to go bad in public offises as those who make a profession of politics. When a physician becums a Helth Offiser, he is no longer free, but he is then a physician-politician and as such should not be counted on any more as being a physician in the true sense of the term.

Why Physicians Should Not Be Helth Offisers

Becaus:

1. It is obviusly contrary to public policy, since medical revenues cum from diseas and not from helth.

2. Scools of medical practis ar many and varius, and it is neither democratic nor fair to permit one scool to control the practis of other scools.

3. The care of the person is purely a private affair and

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does not properly cum within the purview of "the public helth."

5. The relation between physician and patient, being a personal and private one, the individual is entitled to his choice of advizor.

5. The doctor cannot forget that he is a doctor and when he becums helth offiser, he procedes to "doctor" the whole community.

6. The function of helth offiser is strictly a sanitary one, having relation to drainage, to sewerage and garbage disposal, to water suply, to the ventilation and plumbing of bildings—in a word, to making the environment clean and wholesome.

These tasks ar no more akin to the practis of medicin and surgery than they ar to chiropody or the barber's trade.

7. The doctor as helth offiser is at best an amateur and a theoretical sanitarian. His views ar colord by his medical training, which causes him to neglect genuin sanitation, doctoring the polluted water suply with chemicals and then turning to meddl with the persons of private citizens, invading homes, control the public scools, interfere between private practitioner and patient, and force medical treatment on the sick and the wel.

8. The helth offiser keeps the record of deth and has in his power, if he is a doctor, to protect his medical brethren from blame or any given practis of his sect from condemnation.

9. In this manner deths from malpractis regularly ar conceald. Deths from surgical operations ar put down to appendicitis or whatever diseas was operated for. Deths from antitoxins ar put down to diftheria. Deths from vaccination ar almost invariably conceald under the titl of tetanus, meningitis, septicemia, or whatever form the blood poisoning takes in given cases. This deception keeps the public in the dark and therefore raises the deth rate.

10. A doctor in the position of helth offiser is a state-paid agent and lobbyist for his fraternity, when the state has no more right to discriminate between medical sistems than it has to sho partiality in religions.

Now, Fello Physicians, can yu blame me for the stand I take in the matter of public helth? I am sure if yu knew

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the facts as I kno them yu would be just as much in favor of *sanitary engineers* for helth offisers as I am.

The practis of medicin should be kept out of politics just as much as religion should be kept out of politics. It lowers the clergy to crowd their beliefs into public institutions, and it lowers the physician to do the same.

We can all work for such political principls as we think best, but we should not seek to hold offises if we wish to keep our profession above reproach in the eyes of the community, neither should we endevor to *force* our ideas upon the public.

The American Eagl was elevated by *Liberty* and *Labor* and typifies *"The Land of the Free and Home of the Brave."* Religious Freedom has been won—Medical Freedom on the same basis as Religious Freedom wil *also* be won. Let your slogan be *"Medical Liberty on the Same Basis as Religious Liberty."*

* * *

Your assistants should work *with* yu—not *for* yu. ___

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What Roosevelt Said.

Medical men wil persist in uttering deliberate falsehoods as to what swept smallpox from the Panama Canal Zone.

Here is what the late Ex-President Roosevelt rote:

"Five years ago the Isthmus of Panama was a byword for unhelthiness of the most dedly kind. At present the Canal Zone is one of the helthiest places on the globe." The editor of *'Life'* asks: "How did this happen? By the use of serums? By inoculating the nativs with all sorts of unknown things? By operating on them? By dosing them with medicins? We ges not. *They made the Canal Zone clean.* They swept it up, gave it a bath and produced a natural, helthy environment."

This is precisely what has happend in the case of smallpox, only the medical profession would hav us believ it is due to vaccination.—*Sanitary Journal, January, 1920.*

* * *

It is officially estimated that the total World-War financial loss, excluding Russia, was $150,000,000,000.

The estimated losses of Germany ar $45,000,000,000., France, $31,000,000,000., Great Britain, $26,000,000,000., Italy, $10,500,000,000. Germany has lost one half of her national welth since 1914. The national welth of the United States has increast 30 per cent. since 1914, and is estimated by English financiers at $400,000,000,000. Japan has dubld her national welth since 1914. Again I say that SELFISHNESS is the cause of all wars.

* * *

The inside of sleeping outside has an inside penetration as vast as the outside expansion.

* * *

About two months ago a yung man came to me for a diagnosis. I diagnosed his trubl as "cigaret or nicotin intoxication." He askt me if I wer SURE of my findings. I assured him that my B-D-C test was as true as life itself. He then told me the folloing story, which is very illuminating and is in accord with scores of similar reports that hav been brot to me first hand.

At the beginning of the World War he said he enlisted, but was refused by the military examiner becaus he "found" that he had T. B. in a very bad form. He then tried to get

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into the navy. There he was examind and "found" to hav a very bad hart, but no T. B. and so refused. Later he "went up against" a special board of medical examiners and they pronounst him "sound" with the exception of "flat foot."

The last "finding" made him so angry that he hiked across the continent and engaged in business out on this coast.

Wel, here is the "last findings," for he is entirely wel in EVERY respect. He gave up smoking, livd on natural food for the past two months and today I hav examind him and pronounst him WEL. He said he KNEW he was by his feelings. I knew he was by my findings.

* * *

All political platforms ar too holey to float.

* * *

"Nothing wil ruin the cuntry if the peopl themselvs wil undertake its safety, and nothing can save it if they leav that safety in any hands but their own."—*Daniel Webster.*

* * *

"We ought not to involv ourselvs in the political sistem of Europe, but keep ourselvs always distinct and separate from it."

"If yu hav no attachments or exclusiv friendships for any foren nation, yu possess the genuin caracter of true Americans."—*John Adams.*

* * *

Before election the politician is for "the dear peopl."

After election he is for his dear self.

* * *

Beggard ar thots that can be exprest in words.

* * *

All acute diseases ar causd by poisons—Nature opening her safety valv.

* * *

Ouija contains two positiv words, *Oui,* the French for yes, and *ja,* the German for yes. However, most of the findings on the Ouija board ar negativ.

The Ouija board is just as dangerus as a loaded pistol.

* * *

The greatness of Nature and the minuteness of her component parts ar beyond the imagination of man.

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Never use drugs to supress simptoms. Rather use them, if need be, to caus elimination.

Taking down the red flag does not make the road safe.

* * *

"If all the drugs wer cast into the sea, it would be wel for men and bad for the fishes."

—*Oliver Wendell Holmes, M. D.*

* * *

Even tho your work cum to naught, if your *motiv* be good yu ar benefitted. *Motiv* makes its everlasting imprints on the soul, whether the possessor kno it or not.

* * *

Many peopl ar bled without the nife.

* * *

There is progress in the condensation of fisical power.

There is progress in harnessing natural fenomena.

* * *

Necessity makes men progress.

If humans had everything they wanted without work, they would never progress.

* * *

"Temperament" does not indicate long hair nor rithmic gestures, but the ability to distinguish the finer qualities which the untraind eye or ear fails to detect.

* * *

"For the east is east and the west is west, and never the twain shal mix."

* * *

Diftheria and Its Cure Without Antitoxin

Inasmuch as the folloing sent out by the *American Anti-Vivisection Society* is so in accord with my personal knoledge, I quote it for the benefit of my readers. It matters not, Fello Physicians, whether yu believ in them, *facts ar what count,* and we should all be seekers after the truth and not trailers—being led by others.

It is much easier to follo in a beaten path than it is to make a new one. Many times commercialism is so camouflaged that the most wary ar taken unawares.

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Before making the quotation, I might cite one case out of hundreds that hav cum to my attention in the past few years. Only last Spring a lady calld me on the fone, wanting to kno if I could go to see her littl dauter who was suffering from sore throat. I told her that I did not go out, but from the simptoms she gave me I advized her to giv the child a dose of castor oil and put her to bed and giv her a tablspoonful of pineappl juice every hour.

The next morning the mother reported that the littl girl was so much better that she was up and playing about the house. That same day a doctor went to the apartment house to see some other family and the mother of this child "to be on the safe side" calld the doctor in to see the littl girl. He told her that inasmuch as the child had had a sore throat he would advize a few doses of antitoxin so if there should happen to be diftheria in her sistem the antitoxin would prevent its developing. Not knowing anything about the dangers of antitoxin, the mother consented, and this licenst M. D. gave the child an injection of antitoxin, and another the folloing morning, and another the folloing evening, making three in all. The child began to gro worse within a few hours after the first injection of antitoxin, and twelv hours after the third injection the child was a corpse. That is what I would call murder, but the laws at the present time ar such that these regularly licenst men can get away with it and not be prosecuted. It may be this doctor was perfectly honest in his belief that antitoxin should be given, but that does not make him any les a murderer. Pointing a pistol at a person and pulling the trigger, thinking the pistol is not loaded, does not clear the user of the pistol of the charge of murder, if they happen to kil the person.

Not a week passes without my examining children whose harts hav been ruind by antitoxin medication. It is time that someone lookt into the matter from a broad standpoint and cast aside superstition, and commercialism, seeking truth for truth's sake and for the sake of humanity.

* * *

"There ar three scools of medicin in the United States, and it is wel the public should kno how the doctors of these three scools stand upon the treatment of Diftheria without antitoxins or serums.

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"These three scools of medicin ar known as Allopathy, Homeopathy and Eclectics. The physicians of the Allopathic scool believ in and advocate the use of serums and antitoxins for the cure of nearly all diseases; while the Homeopathic and the Eclectic scools hav more faith in medicin than in serums or antitoxins.

"W. W. Yeneer, M. D., of Richmond, Indiana, of the Eclectic scool, says in a letter which appears in the June number of 1920, of the *Ellingwood's Therapeutist,* publisht in Chicago: 'In the past ten months this locality has had an epidemic of Diftheria, and during this time I hav treated some seventy-five cases with the Dubl Sulfide Compound. By this treatment I hav had one hundred per cent. recovery, and no complications as you often find with antitoxin. I think the Dubl Sulfide Compounds ar far superior to the antitoxins for Diftheria. In the past five years I hav used the above method and I hav had no occasion to use antitoxin. In all my cases the diagnosis has been affirmd by the Indiana State Board Department of Bacteriology.'

"The Homeopathic physicians hav about the same experience in the treatment of Diftheria without antitoxin. M. V. Hall, M. D., an advocate of the use of antitoxin in Diftheria, rites in his work on *'Bacteriology'*: 'The antitoxin has no influence on the bacteria themselvs; their virulence and length of residence in the body is not lessend. The toxin generated by the germ is supposed to be neutralized by the antitoxin, and prevented from injuring the body-tissue.'

"W. B. Campbell, M. D., has publisht a hand-book on modern treatment of the Allopathic scool of medicin. This work is in its sixth revized edition with a copyright of 1908-1911-1914-1917 and 1919. The publishers say there ar thirty thousand copies of former editions of this work now in daily use by physicians thruout the English speaking world.

"Dr. Campbell says in his book, page 136: 'If on account of poverty, peopl cannot afford antitoxic serum, Dr. Curtius uses local treatment alone and has had excellent results with it.' Of 28 patients treated during one summer with it alone, only one died. He employs Loeffler's solution. In 28 cases no antitoxin has been used.

"One more proverb may be added to those of old: 'If a rich man's child becum sick with Diftheria, let the child be

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put in a poor man's home before sending for a physician who believs in antitoxin.'

"The foregoing has been verified by a notary public, before whom I hav made an affidavit. These facts ar given in the interest of truth and humanity, and not for fee or reward."

—*James Beard, M. D.*

* * *

A Parabl of the Present

Put one hundred men on an island where fish is a stapl articl of sustenance. Twenty-five of the men catch fish. Twenty-five others clean the fish. Twenty-five cook the fish. Twenty-five hunt fruit and vegetabls. The entire company eat what thus is gatherd and prepared.

So long as everybody works there is plenty. All ar happy. Ten of the alloted fish catchers stop catching fish. Ten more dry and hide part of the fish they catch. Five continue to catch fish, but work only part of the day at it.

Fewer fish go into the community kitchen. But the same number of men insist upon having the same amount of fish to eat as they had before. The fifty men who formerly cleand and cookt the fish hav les to do owing to the under-suply of fish. But they continue to demand food.

Gradually greater burdens ar laid upon the fruit and vegetabl hunters. These insist upon a larger share of fish in return for their larger efforts in gathering fruit and vegetabls. It is denied them and soon twenty of the twenty-five quit gathering fruit and vegetabls.

But the entire one hundred men continue to insist upon their right to eat. The daily food suply gradually shrinks. The man with two fish demands three bananas in exchange for one of them. The man with two bananas refuses to part with one for fewer than three fish.

Finally the ten men remaining at work quit in disgust. Everybody continues to eat. The hidden fish ar brot to light and consumed. There cums a day when there is no food of any kind. Everybody on the island blames everybody else.

What would seem to be the solution? Exactly. We thot yu would ges it. For we repeat that yu can't eat, buy, sel, steal, giv away, hoard, wear, use, play with, or gambl with *WHAT ISN'T.*

—*Chicago Herald and Examiner*

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All new towns or cities ar laid out according to the Light of Experience of those who engineer the project. If, however, any of these towns or cities outgro the vizion of their founders, the general plan of the place is changed to meet the natural growth—not to hamper it.

A subscription to a creed or precept is a pledge that the subscribers wil never open their eyes to the Light of Experience. If those who change their views ar in the *minority* they ar clast as hipocrits, heretics, backsliders, etc. On the contrary, if those whose minds hav grown in the Light of Experience ar in the *majority*, their acts ar clast as "naturally progressiv."

* * *

No one can go "slumming" without getting slimy.

* * *

"There is religion in everything around us—calm and holy religion in the unbreathing things of Nature, which man would do wel to imitate.—*Ruskin.*

* * *

"Serch out the wisdom of Nature, there is depth in all her doings; she seemeth prodigal of power, yet her rules ar the maxims of frugality."—*Tupper.*

* * *

To feel sure of anything is a warning to look out.

* * *

Love that requires a marriage ceremony to bind it together is not worth the binding.

* * *

A marriage certificate is an "I-O-U" without the value being stipulated.

* * *

Bankruptcy often follos when one of the contracting parties to the marriage bond tries to collect.

* * *

Then and Now

In the days of witchcraft (400 years since) persons wer condemd to fisical deth by ignorant, insane judges, and their bodies burnd to "protect others from harm."

In the days of germ craft (the present) persons ar con-

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demnd to social deth by perverted, degenerated germ hunters as germ carriers and their bodies raped by the "chosen" to "protect others from harm."

* * *

The serum and vaccin manufacturers, thru the federation of organized medicin and boards of "helth," ar sutly keeping sindicate riters busy furnishing wel-ritten articls for all publications to educate the public in the belief that their "witches' brew" wil cure or prevent all diseases.

The organized political society of surgeons is waging a publicity campaign to impress the public with the belief that all "lumps" ar "cancers" and that the nife is the only "sure cure" for them, altho in their meetings they confess that every *real* cancer wil sooner or later return after an operation.

* * *

When the Political Helth Department at Washington sends qut information as to the "remedies" to use for "flu" or anything else, it means that the public should wake up and *avoid* every such remedy. The history of the 1918-19 flu panic, and the remedies advocated by the Political Helth Department should teach the public a lesson for a whole generation. If politics would only lern from these errors to reform, it would help the future generations, but they do not.

* * *

Yu ar not educated unless yu hav a universal simpathy for everything.

* * *

Truth in advertizing implies honesty in manufacture, and *vice versa.*

* * *

All truth is shocking.

* * *

The world has gon crazy and lazy.

* * *

Easy reading indicates hard riting.

* * *

The steerage accommodations in trans-Atlantic liners ar greatly crampt in order to accommodate the stocks of alcoholic liquors.

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When consumption of products excedes production, unrest follows.

The fisical law of inertia in all Nature is that when a body set in motion cums to rest, it assumes a position of least resistance.

The World War overcame the inertia of peopl's habits, and before they settl down, they wil assume new habits of least resistance.

* * *

In the course of a year 8,000,000 peopl reciev hospital treatment in this cuntry at a cost of nearly $800,000,000.00.

* * *

On May 1, 1920, the amount of mony in circulation in the United States was $56.00 per capita.

* * *

Statistics sho that 80 to 90% of the population of the United States belongs to what is known as *"the middl clas."*

* * *

"Man condems cruelty to animals, but the slauter house disgraces civilization, and man expects beefsteak for brekfast. He preaches humanitarianism, but the swet shops stil remain a bloody blotch on the face of humanity."—*Dr. Geo. W. Carey.*

* * *

Illiteracy, says the *Toronto Mail and Empire,* existed in the armies of the World War in the folloing percentages:

Germany	0.11
France	4.90
England	5.90
Austria	23.80
Hungary	28.10
Italy	38.30
Russia	61.70
United States	7.60

Those who ar saying that education would prevent wars should look at these figures, stop and ponder. They sho that education, if rongly directed, is just as bad as the most profound illiteracy. In fact, the most illiterate nations must lern by hard experience that wars ar disastrus no matter who wins, but those who ar educated to think that wars ar necessary and that might makes right ar inflated by their knoledge and explode.

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"Prosperity brings with it an intoxication which inferior natures never resist."—*Balzac.*

* * *

Sun Light by the Ounce

On the basis of the prices charged by gas and electric light companies, the amount of light deliverd by the sun to the erth in 24 hrs. would cost 256 trillion dollars.

To put it in another way, if the amount of light attracted to the erth from the sun each day weighs 160 tons, as recent astronomical calculations seem to sho, then the value of one ounce of artificial light, charged for on the basis of the gas and electric light companies' prices, would be worth $50,000,000.00.

* * *

Some persons ar afraid of erthquakes. Recently Southern California has had mild shakes that seemd to those uninitiated like a real upheaval. One of my New England lady patients insisted on returning home at once. When she got there she ran into a severe thunder storm and was struck ded before she enterd her house.

* * *

"Compulsory Education is the distribution of the national stock of acquired knoledge."

"Compulsory Vaccination is the distribution of the national stock of acquired diseas."

"Compulsory Vaccination ranks with slavery and religious persecution as one of the most mischievous outrages ever inflicted on the human race."

"Consumption follows vaccination as effect follows cause."

"The most predisposing condition for cancerus development is infused into the blood by vaccination and revaccination."

"Vaccin pus is a POISON—the purer, the more certain and fatal."

"The experienst physician who says he has never seen any il effects from vaccination is either blind or a liar."

"What does it profit yu, if by your efforts yu hav gaind perfect helth, and your government vaccinates yu, and yu ar renderd a crippl?"

Dr. Adolf Vogt says: After collecting the particulars of 400,000 cases of smallpox, I am obliged to confess my belief in vaccination is absolutely destroyd.

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Dr. W. Hitchman says: I kno of hundreds of children having been kild by vaccination.

There ar thousands of physicians who ar honest and consientious enuf to not be coaxt, bribed or frightend into polluting the blood of a child or any one else with the filthy, diseas-carrying poison known as cowpox virus that is put out by the boards of "helth" for vaccination.

* * *

More light and les heat is usually necessary in discussions.

* * *

Beggard ar colors that can be seen by mortal eyes.

* * *

HUMAN MAGNET

I hav seen some persons hav energy from their fingers that would deflect a magnetic needl the same as a bar magnet would. That is, the fingers would repel one pole and attract another. Sometimes both hands would repel the same pole, and at other times one hand would repel the north pole while the other hand would attract it.

These persons could pick up a piece of paper by means of the energy at the ends of their fingers. At other times, insted of picking up the paper, their fingers would repel it.

We ar all familiar with the power of certain fish to generate electricity of such intensity that it wil caus suffering when a person cums in contact with it. No one has yet been abl to tel just how these fish generate this electricity, but it is probably generated by a sudden interchange of fluids in the body. They apparently do it to protect themselvs.

Whether the persons with this peculiar magnetic or electric faculty hav something abnormal going on in their bodies, I do not kno.

Some persons exhibit this peculiar electric or magnetic fenomenon if suffering from tomain poisoning or from very severe intestinal indigestion. This would seem to indicate that the fenomenon is causd by some *abnormal* interchange of fluids in the body.

In the first clas of persons described, the fenomenon is the result of apparent fisiologic action in the body, while in the other clas it is the result of a pathological condition.

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Better be scared to deth than to be afraid of work.

* * *

A smelt in a pool is larger than a whale in the ocean.

* * *

When yu pay peopl to be good they never ern their salary.

* * *

Marrying one whom yu do not love is worse than loving one whom yu can not marry.

* * *

Indolence in the mind of workmen is the rust on the iron of industry.

* * *

"Conservatism" among sientists is a crop of barnacls on the wheel of progress.

* * *

If yu put blinders on your horse, do not be surprized if he ditches yu.

* * *

Those who wear cats' fur coats must expect spats in their family.

* * *

In some parts of France there ar 33,000 deths to every 8,000 births.

* * *

Never allow your hart to get in so deep that your hed can't pul it out.

* * *

A pigeon's hart can not be made to beat over five times a second. All harts hav their limit of speed and endurance.

* * *

"Man declares that the majority should rule, but bitterly opposes the majority when contrary to his opinion."—*Dr. Geo. W. Carey.*

* * *

Life means involuntary action. Since it has apparently been proved that the "entities" of the most "solid" rock move at a rate that no mortal mind can conciev, and their size in relation to the space between them is only to be compared with the universe. Who can say what is "ded" and what is not? Let

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us rest assured that the terms "life" and "deth" ar terms indicating relativ rates and modes of vibration, for there is no such condition as "deth," as the condition is popularly understood.

* * *

Rithm

If we knew what RITHM is we would understand God—Nature. RITHM is an inherent property in ALL Nature—animate or inanimate. The large vessls in all animals "beat" rithmically as wel as the hart, which is only a special modification of the blood vessls. In the bat the blood vessls pulsate independently of the hart, sixteen times a minit. Under the back skin of frogs the "limph-harts," or pulsating sacs, can be seen to "beat" independently of the hart.

A certain rithm is constant between certain limits in each animate and inanimate thing. These rithmic limits can not be forst belo nor beyond those inherent limits.

Cilia ar minute, whip-like processes of living protoplasm projecting from the surface of certain cels in all animals. There ar innumerabl numbers of these ciliated cels in the respiratory tract and other tracts in the body. These cilia lash backward and forward rithmically all the time and carry matter in one direction. These cilia "beat" forward and backward at a definit rate of about ten times to each hart beat. Their rate of motion is influenst by emotions and by light and heat as wel as by drugs or poisons.

The relation between all the rithms inherent in a body varies by fours or multipls of four. For exampl, the hart pulsates four times to each respiration and the cilia wave about eight times to each hart beat. If Nature wer thoroly understood I think she wil be found to cling to the four and multipl of four rithm in all forms of life.

The fingers can be moved no faster than the ciliary action. One can not articulate sillabls faster than their ciliary movements. The ciliary rate of motion seems to be the inherent rate for all cels, but their external manifestations ar of a rate controld by other mecanisms.

The wings of the dragon-fly vibrate at the rate of 28, those of the wasp at 110, of the bee at 190, and of the house-fly at 330, a second. When a hony-bee is tired, its pitch is much lower than when it starts out in the morning.

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Fruit is the rithmic manifestation of the deth of the flower. In short, all activities in life ar rithmic and it is as natural as the sunrize and the sunset that "deth" is also rithmic. As the flower of life is, so wil be the fruit of deth.

"Leavs hav their times to fall,
And flowers to wither at the north wind's breth;
Thou hast all seasons for thine own, O Deth!"

* * *

Taken from the Pittsfield Eagle of Sept. 20, 1919

We hav had so many inquiries about the deth of our littl girl from lockjaw, folloing vaccination, that I feel it my duty to put the facts before the peopl of Pittsfield, in the hope of saving other children from the sad fate my littl girl met.

Our littl Justine was five years old in August. She was a perfectly helthy child, until we had her vaccinated, that she might go to scool.

She went to scool, but on September 9th she came down stairs not feeling wel. She was lame in her groin. On September 10th her arm hung helpless. In the afternoon she complaind of not feeling wel and wanted to lie down. I telefoned to the doctor who vaccinated her and he calld the next day. I askt him what aild her, but he gave no satisfactory anser; he told me to use liniment on the arm and rub it wel.

Her tung was as red as beefsteak. She jumpt all nite in her sleep; her tung became fearfully sore.

Thursday afternoon she couldn't walk. I had to carry her. She trembld or twicht on one side. I calld Dr. ——, who is a child specialist. He came Thursday evening and made a thoro inspection. He said "infection" had set in. She jumpt all nite and was more stiffend. Friday she had a temperature. Dr. —— said, "Lockjaw has developt."

She was taken to the hospital Friday at 1 o'clock. She was given an injection in her spine (Anti-tetanus serum). She was quiet for a time, but she went into convulsions at 5 o'clock. She stretcht out her arms to me and screamd. She died at 9 o'clock Friday nite, September 12. She was so happy at the thot of going to scool, but she was only abl to go a littl while.

I am eager to do anything in my power to help save other children from suffering and deth. I feel that the parents of

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Pittsfield ought to rize up and demand that the compulsory vaccination law of this state be done away with.

Sincerely,

MRS. MABEL COE.

* * *

"Women love birds—especially on toast; they love the beautiful plumage of birds—especially on their hats."—*Dr. Geo. W. Carey.*

* * *

WORK AND WIN

When all the world seems weighted
Down with evil, hate and sin;
And life with cares is freighted,
"Work and Win!"

When douts and fears assail yu,
As some venture yu begin,
And others hesitate,—yu
"Work and Win!"

It isn't he who's lucky
That I'd place my best trust in,
But one who's always plucky.
"Work and Win!"

The sun is always shining,
Tho a cloud may shut it in;
YU seek the silver lining.
"Work and Win!"

* * *

It is interesting to observ that of all the American soldiers wounded by the enemy in the World War, only *six* per cent. (6%) died in the hospitals, while among those sickend by other agencies the deth rate was *sixty-six* per cent. (66%).

It ought not to be difficult to ascertain the caus for this high deth rate.

* * *

Paraffin Aplications in Burns

Hot wax aplied to burns is nothing new. It was used nearly two thousand years ago, but it is only in late years that we hav

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cum to kno just why paraffin or wax is of such benefit in the treatment of wounds.

One of the first and most important reasons is that it prevents the escape of energy from a denuded surface.

William Sanger of the medical staf of the great Colorado Fuel and Iron Co. at Pueblo, Colo., refers to the value of paraffin wax in burns. At the Minnequa Hospital, the medical staf cares for aproximately 13,000 persons. Sanger states that the paraffin treatment of burns has the folloing advantages:

1. Immobilizes the wound.
2. Protects granulations.
3. Stimulates epithelial growth.
4. Greatly minimizes pain.
5. Renders subsequent dressings easy and much more rapid.
6. Prevents excessiv scar formation.

Burns treated thus certainly heal with extraordinary rapidity. Altho this treatment is apparently contrary to many surgical principls, yet it produces the results. Foul secretions containing varius bacteria ar seald up. However the patient recovers in half the usual time.

This is one of the many circumstances in the treatment of diseas, namely, that the clinical findings ar the ones to be relied upon regardless of theory or laboratory findings.

* * *

A Neumonia Jacket Worth While

Take six to ten onions, according to size, chop fine, and put in a large spider on a hot fire. Then ad about the same quantity of rye meal and thicken enuf to form a thick paste.

In the meanwhile, stir it thoroly, letting it steam five to ten minits. Then put in a cotton bag large enuf to cover the chest, and aply to the chest as hot as patient can bear.

In about ten minits aply another, and thus continue by re-heating the poultis. In a few hours the average patient wil be out of danger from neumonia, provided he is kept perfectly quiet.

Usually three or four aplications wil be sufficient, but always continue the aplications until the perspiration starts freely from the chest.

Those who hav used this "neumonia jacket" and hav given only fruit juices to the patient, and hav kept them quiet in

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bed for at least one or two weeks after all fever has subsided, report never having lost a case.

* * *

Vincent's Angina or Epidemic Sore Throat

On pages 297 to 304 of *The Natural Way* there is quite a discussion of "Vincent's Angina," or sore throat in which the micro-organisms described by Vincent wer prevalent. I hav described a situation in which a "carrier" of these organisms was persecuted and deprived of his liberty to ern a living because some germ-faddists found these organisms in his throat. I also mention the fact that I found them in the throats of every cow that was in barn-floor dust. All this is now all the more interesting that reports ar being publisht, six months after the above was printed, that fifty per cent. of the smears made from the throats of all the troops in a military hospital during the World War showd the presence of these very organisms. The "expert" report further says that even if the organisms wer present it was no sign that the carrier had the diseas, as "certain predisposing causes must act before the carrier had epidemic sore throat." In others words these germ faddists dare not say a fello has a *real* bad sore throat til he really feels it. From what the "officials" hav been saying for years we hav been led to believ that we wer ded if they said so and that we wer sick if they said so and that we wer idiots if they said so.

I might ad for the illumination of my readers that the army "experts" say that this epidemic sore throat *might* cum from bad teeth, so if they say a fello's teeth ar diseasd they must be so, even if they ar as sound as Nature could make them. If physicians ar to retain the least bit of public confidence they should hav the germ faddists lockt up or exterminated.

* * *

Some peopl becum so reservd that there is nothing else left to them.

* * *

Just red in a "Big Store" bargain colum that silk skirts ar one-third off. Really, I thot they wer more than half off.

* * *

Nothing is cheap that we do not need.

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Many hav ceast cultivating a "sweet disposition" til the price of sugar cums down.

* * *

Love that grows in the open is *true* love and knows no satisfaction.

* * *

Only one person out of ten who reaches the age of sixty is self-supporting. Working and saving ar the only remedies for years of dependence.

* * *

All Nature fights for the caus that is founded upon natural rule.

* * *

"Any principl that squares with natural law is indeed founded upon a rock."—*John Burroughs, Naturalist.*

* * *

The man who thinks the same when he is old as he did when he was yung is an obstacl to progress—he is a barnacl on the wheel of progress.

* * *

If yu want to kno whether yu ar going to be a success or a failure in life, said James H. Hill, yu can easily find out. The test is simpl and infallibl: *Can yu save mony?*

* * *

"Some ar so afraid of smallpox that they poison themselvs with vaccin pens, which is more dedly than smallpox."—*Dr. Geo. W. Carey.*

* * *

"Freedom's battl once begun
Bequeathd from bleeding sire to son,
Tho baffld oft, is ever won."

* * *

The Public School Protective League is an organization of citizens banded together for the purpose of preventing the medical and ecclesiastical exploitation of public scools and public scool children of California.

The constitutional amendment which they hope to hav made a law should be on the statute books of every State in the Union. It is as follows:

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"No form of vaccination, inoculation or other medication shal hereafter be made a condition precedent in this state for admission to or attendance in any public scool, college, university or other educational institution, or for the employment of any person in public offis, or the exercize of any right, the performance of any duty or the enjoyment of any privilege. The provisions of this section shal not be controld or limited by any other section of this constitution."

* * *

"Some peopl ar so afraid that they wil go to hel when they die that they liv in hel all the time on erth."—*Dr. Geo. W. Carey.*

* * *

Do right a thousand times and yu wil never hear of it. Do rong once and yu wil hear of it a thousand times.

* * *

Among the high medical authorities who hav admitted the dangers of vaccination and condem its compulsion ar Dr. Osler, Hon. John Burns, English Minister of Helth, and Dr. Millard of London, Helth Offiser of the unvaccinated city of Leicester.

Dr. Millard, the great authority on vaccination says, "Altho infantile vaccination is falling more and more into disuse thruout the whole cuntry, yet smallpox, contrary to all pro-vaccinationists' expectations and profesies, continues to decline and has almost disappeard.

He further says if it could be shown that sanitation thoroly carrid out is alone sufficient for the efficient control of smallpox in this cuntry (as in Leicester), why inflict upon the cuntry universal vaccination with all its inseparabl. drawbacks? Moreover, what justification can there be any longer for compulsion? It cannot be denied that vaccination causes, in the aggregate, very considerabl injury to helth.

Helth Offiser Millard, says further, "During the last decade, the deths from vaccinia (cowpox) folloing vaccination hav several times outnumberd those from smallpox, and it looks as if vaccination wer becumming the more serius diseas of the two."

The reports of the Registrar General of England shows that from 1905 to 1910 the deths from smallpox of children under

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five years of age numbered 26, while deths from vaccination during the same period wer 98 or practically four to one. In 1911, 1912, 1913, eight children under five years of age died from smallpox, while thirty children of the same age in the same period died from the effects of vaccination.

I wish to call my readers' attention to the fact that the recent epidemic of influenza was much more severe among the vaccinated men in the military camps and hospitals than among the rest of the population, and it now begins to look as if the great flu epidemic was largely due to vaccination and serums as wel as to other misdirected advice given out by the medical authorities.

Mr. Charles M. Higgins in his book on *"The Horrors of Vaccination"* says in compulsory vaccination there is absolutely neither liberty nor justis and it is utterly opposed to the fundamental American principl of inherent human right to medical liberty and choice, and to sanctity of body, and it therefore fits properly only with some code of Prussianism —from which it has been in fact copied.

Mr. Higgins further says "All compulsory vaccination is clearly un-American, illegal, unconstitutional, medically barbarus, and unworthy of a place in any American military, medical or legislativ code."

The judges of many State Courts and the Supreme Court of the U. S. hav frequently ruled that compulsory vaccination is unconstitutional.

The time will soon cum when physicians wil look back with horror upon the principl now taut in many of our medical colleges that "the more diseas we inflict, the more helth we create."

If one would only look up the records of a cuntry like Japan for exampl where repeated inoculations is rigidly compulsory, and see the amazing mortality from smallpox, I think they would at once change their mind regarding the superstitious idea of vaccination.

Compare a cuntry like Germany and Japan with all their vaccination and re-vaccination with that of Leicester, England, which has been unvaccinated for the past thirty years, and where sanitation has taken the place of vaccination. In the latter place smallpox is almost entirely unherd of.

According to the U. S. Govt. Year Book, Department of

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Agriculture, U. S. A. of 1914, the foot-and-mouth diseas epidemics that ravaged animals and mankind in this cuntry in 1902 and 1908 was causd by vaccin virus imported from a foren cuntry and used by two of the largest makers of virus in the U. S.

* * *

Labor problems cannot be solvd by the agitator who exhales the poisons of hate. He sows the seeds of discord that blossom into the flowers of disloyalty and bear the fruits of treason.

* * *

The more the State does for the man the les the man wil do for himself.

No man wil do his best without the prospect of private gain commensurate with the effort.

* * *

The political brain seeks popularity.
The business brain seeks production.

* * *

TO A FOTOGRAFER

"I hav known love and hate and work and fight;
I hav livd largely, I hav dreamd and pland;
And Time, the sculptor, with a master hand
Has graven on my face for all men's sight
Deep lines of joy and sorro, growth and blight,
Of labor and servis and command,
And now yu sho me this, this waxen, bland
And placid face, unlined, unrinkld, white.

"This is not I, this fatuous thing yu sho,
Retoucht and smoothd and prettified to pleas.
Put back the rinkls and the lines I kno;
I hav spent blood and tears achieving these
Out of the pain, the struggl and the rack.
These ar my scars of battl—put them back."

Anon.

* * *

Geotropism (positiv geotropism as distinguisht from negativ geotropism or apogeotropism) is a biological term and signifies a tendency exhibited by organisms, especially grow-

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ing plant organs as the roots, to turn toward the center of the erth.

Gravitation is supposed to be the caus of geotropism—the turning toward the center of the erth.

The twining of vines either clockwize or contra-clockwize in my opinion is not due to a geotropic stimulus, but I believ is due to the effects of the magnetic meridian. Those vines which turn clockwize north of the equator turn contra- clockwize south of the equator.

* * *

THE PUT-IT-OFFS

"Frend, hav yu herd of the Town of Yawn,
On the banks of the River Slo,
Where blooms the Wait-awhile flower fair,
Where the Sometime-or-other scents the air,
And the soft Go-easys gro?

"It lies in the Vally of What's the use,
In the Province of Let-'er-slide;
That tired feeling is nativ there,
It's the home of the listless I-don't care,
Where the Put-it-offs abide.

"The Put-it-offs smile when askt to work,
And say they wil do it tomorro,
And so they delay from day unto day,
Til deth cycls up and takes them away,
And their families starv, beg or borro."

* * *

MORNING EXERCIZES FOR THE TIRED BUSINESS MAN

Rise at 7 a. m.

Stand in the middl of room, rais arms sloly over hed, take deep breth and say "Damn the government," lowering arms in attitude of despair. Ten times.

Extend body flat downward on floor, cover eyes with hands, kick heels, think of the railroads and weep til dry.

Kneel, ring hands, meditate upon the labor unions and groan 150 times.

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Assume sitting position, hands on hips, sway gently to and fro and concentrate on Mr. Burleson until a generus frothing at the mouth sets in. Til exhausted.

Collapse on floor. Grovel vigorusly, think of the incum tax and nash your teeth as in anger ad lib.

While cooling off try to get a number on the telefone.

Note—Observ this simpl regime every morning before brekfast, and yu wil reach the offis with most of the cares and trubls of the day alredy out of your sistem.

Eastern Dealer in Implements and Vehicls.

* * *

Form is a product of desire.

* * *

Color is the decoration of form.

* * *

Music is the decoration of thot.

* * *

Joy is the index of the relation of mind to body.

* * *

Nature allures us that she may lead us.

* * *

Color is the music of the universe.

* * *

Influence of Music

"Man is as much a child of the beautiful as he is of wisdom or genius. Nature never drives us if she can avoid it. She prefers to allure us. She makes al things charming. She paints the fields and the woods that we may cum to them led by affection. She makes the face of youth beautiful, throws color on the cheek, and makes the lines of smiles and lafter cum and go, and she sends the soul into the eyes, that yung years may bild up everlasting frendship.

"Yielding gidance to the Architect of the Universe, man follows the beautiful and to the idea of home, templ, or garden or city, he cums with both hands ful of ornament. He claims for his house and his dres what Nature givs to the peach or the leaf or the rose.

"In this deep filosofy music cums as the decoration of a

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thot. Man submits his truths to several steps of this ennobling work. He found them in prose and he asks Milton or Dante, or Tennyson or Longfellow to frame them into poetry, but not yet satisfied he takes the thot to the great musicians and asks Mozart or Weber or Schubert to pour stil more color on the blessed thot.

"It was not enuf for the Greeks that some of their truth took the poetic form of the drama. It must also be sung on the stage so that between the uplifted hands of both Poetry and Music all might see how sorrowful was Oedipus or how sweet Antigone.

"Thus all thru its history music has ever been the final decoration of a sentiment. Poetry has done much when it has gatherd up some of the pensiv meditations of man when he draws near his long home, and has calld this rithmical arrangement a poem. Even red to us, its harmonius feet ar impressiv, but when Mozart goes further, and wreathes those words with his composition into a requiem, then is the cup of our realization ful, and all the pomp and splendor of erth sink like the summer sun."—*Swing.*

* * *

Caracter

"True caracter acts rightly whether in secret or in the sight of man. That boy was wel traind who, when askt why he did not put some pears into his pocket when no one was there to see him, replied, 'Yes, *I* was there; and I never intend to see myself do a dishonest thing.'

"This is a simpl illustration of principl or conscience dominating in the caracter and exercizing a protectorate over it; not merely a passiv influence, but an activ power regulating the life. Such a principl goes on molding the caracter and daily growing with the force that operates every moment. Without this dominating influence, caracter has no protection but is constantly liabl to fall away before temptation, and every such temptation succumbd to, every act of meanness or dishonesty, however slight, causes self degradation."

* * *

A French sientist advizes tiptoeing for a few minits each day as the best exercize for keeping in good helth and prolonging life.

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The color of birds may be changed to white by keeping them in a white room, surrounded by white objects and attended by persons drest in white, says a naturalist. However, the third or fourth generation is necessary before the birds' fethers ar *all* white.

* * *

The Smithsonian Institution says the biggest fish was captured at Miami, Fla., after a fight of 39 hours. It was a whale shark and weighd 30,000 pounds, its liver alone weighing 1,700 pounds. Five harpoons and 150 bullets wer required to subdue the monster.

* * *

How many peopl died of influenza in the recent epidemic of that diseas?

According to a survey made by the Metropolitan Life Insurance Co. a total of 15,000,000 peopl, or about one per cent. of the world's population, died of this diseas previus to 1919.

* * *

"But we ar *so* ethical." The big fello says: "Yu stay hitcht, while I'm getting the clover."

* * *

Modern Mother Goose

There was a man in Washington and he was wize and more;
He jumped into a brambl-bush, and kept us out of war.
But when he found what he had done — wil wonders never cease?
He jumpt into another bush, and kept us out of peace.

—*Harvey's Weekly.*

* * *

AM I AN AMERICAN?

The time has cum when every citizen of this Nation should halt in his daily doings and, serching his soul, ask himself the question: "Am I an American? In my actions, am I squaring myself with the great American principls of Liberty, Justis and Equality, which hav been the most constructiv forces for the advancement and uplift of Humanity?"

The man who would subject the national life and all of its interest to the wil of his group is an unrighteous and a disloyal citizen. He is unrighteous becaus he would substitute

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selfish aggrandizement for fixt principls of justis. He is disloyal becaus he denies his allegiance to his cuntry and givs it to the particular clas to which he belongs and beyond which his narro vizion and perverted purpose do not reach.

Americanism cannot liv—this Nation as concievd by our fathers, cannot endure under the shackls of clas control. When the laws ar defied and mob violence resorted to, we must meet it with force and see to it that life and property ar protected.—*Governor Goodrich of Indiana.*

* * *

THINK

The flu should caus a flu-rry among organized medical doctors.

Since October, 1918, there hav been aproximately 7,200,000 cases of the flu in the United States. Out of this number there wer more than 400,000 deths under "regular medical care." This ratio is about 1 deth to 18 cases.

There wer more than 35,500 cases under the care of just one clas of drugless physicians with only 41 deths, which means that these drugless physicians had only 1 deth to 860 cases. Other classes of drugless physicians hav as nobl a record.

This shows the efficiency of the drugless physicians to be fifty times greater than that of the so-calld "regular medical physicians."

These records, which hav been publisht broadcast thruout the United States, ar making the *peopl* think.

I hope in time it wil make the "regulars" think deeply enuf to mend their erring ways for the good of humanity.

* * *

No matter what form life or vital force may take, no matter in what vehicl life is carrid—be it animate or inanimate—its magnetic atmosfere is caracteristic of the vehicl.

* * *

The only way an oil or ointment can be "electrified" or "de-electrified" is by advertizing it and having decievd doctors rite testimonials in its favor.

Plain yello vaselin, or any other form of paraffin oil wil do all that "de-electrified," or "electrified" ointments wil do, and costs only one-tenth as much.

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Many men fall in love with their eyes and fall out of it with their ears.

* * *

A man twenty-eight years of age with a wife and three children, was advized by a "famus stomac specialist" of the "old-scool type" that nothing would "cure" him except having all his teeth extracted.

As the yung man died in the dentist's chair, I presume the advice, which was "ethical," produced an "ethical cure."

* * *

Who Did the Killing?

In the late war, according to the surgeon-general, practically the entire medical profession of the United States became the medical department of the army and navy. Each soldier was carefully selected; about nine wer rejected out of every ten who wer registerd, and every man was "immunized" by five or six vaccinations.

Five great national organizations, with hundreds of millions of dollars, vied with each in furnishing tobacco, cigarets, candy, doughnuts, medicins, and other "luxuries."

On December 1, 1920, there wer availabl 39,510 hospital beds—one to every nine men—and a medical personnel of doctors, nurses, et al., of 354,796. In spite of such "advantages," there wer admited on the sick list for 1917-18 3,003,-253 or 939.37 men out of every thousand; and 15.86 out of every hundred died.

Regular medicin had everything as it wanted it. Not a "quack" had a look-in anywhere or at any time. Who did the killing? No one had a hand in it except "sientific medicin" and God. *Who did the killing?*

—*The International Brief and Journal.*

* * *

He Nearly Mist It

Waiter: (Hunting for a tip)—And how did yu find your steak, sir?

Diner: I just moved that littl piece of potato and there it was.

* * *

Dr. Abernathy of London, says:

"Diseases hav increast in proportion as medical men hav increast."

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Professor Gregory, M. D., Edinburgh, says:

"Ninety-nine out of every hundred medical facts ar lies, and medical doctorings ar for the most part stark, staring nonsense."

* * *

S. Weir Mitchell, M. D., says:

"Back of diseas lies a caus and the caus no drug can reach."

* * *

World War's Total 35,319,000 Lives

The total los in actual potential life thru the World War reacht the astounding figure of 35,379,000, according to an announcement by the American Red Cross. The figures wer collected by the Copenhagen Society for studying the social consequence of the war. They sho:

Kild in war, 9,819,000

Deths due to augmentation of mortality, economic blockades, war epidemics, 5,300,000.

Fall in birth rate due to mobilization of 56,000,000 men between the ages of twenty and forty-five, 20,200,000.

* * *

Who knows not and knows not that he knows not is a fool —shun him.

Who knows not and knows that he knows not is humbl— teach him.

Who knows and knows not that he knows is asleep—wake him.

Who knows and knows that he knows is wize—follo him.

* * *

Sir Astley Copper, Physician to Queen Victoria declared:

"The sience of allopathic medicin is founded upon conjecture and improved by murder."

* * *

There is as great an abyss between the true physician and the vivisectionist as there is between heven and hel.

* * *

Many persons ar alright in their way, but they do not weigh much.

* * *

Right of Self Determination

The Constitution of this Republic should make special provision for *medical freedom.* To restrict the art of healing

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to one clas wil constitute the bastile of Medical Sience. All such laws ar un-American and despotic.

Benj. Rush, M. D., Signer of the Declaration of Independence.

* * *

Love is something that cums when we least expect it, and goes just as we think we hav made it respectabl.

The conversation of lovers is inexhaustibl, but it soon exhausts the lover of conversation.

Love and mony ar like strawberries and cream—always best together.

Love levels all inequalities—except those that matter.

* * *

Medieval Methods

Being unabl to maintain its ground on merit, the political allopathic medical fraternity seems to do so by compulsory legislation, just as the church did in the Middl Ages.

If they wer not blind, they would see that such methods cannot possibly work in this democratic age.

The peopl wil not endure state medicin any more than a state church.

The International Brief and Journal.

* * *

In Liberia the nativs rub their feet with garlic when they enter snake-infested jungls, and the snakes do not bother them.

* * *

Plants with white blossoms hav a larger proportion of fragrant species than any others.

* * *

The eligibl voters of the United States number 29,000,000 men and 26,000,000 women.

* * *

A *Natural* Physician aids Nature to *cure*.
A "made-to-order" doctor *practises*.

* * *

A yung lady who was very fond of color and of Nature went to the seashore for a holiday. Aproaching a tipical fisherman, she said, "Ah, sir, how wel yu must kno the face of Nature and kno her in all her moods! Hav yu ever seen

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the sun sinking in such a glare of glory that it swallowd up the horizon in flames? Hav yu ever seen the mist slipping down the hilside like a specter? And hav yu never,"— she went on passionately"— seen the moon struggling to shake off the grip of a raging, roaring storm-cloud?"

"No, miss, I used to see them 'ere things, but I'm on the water wagon now."

* * *

Helth Rights ar Birth Rights

Being birthrights, helthrights ar undeniably inviolabl and inalienabl. Statutes infringing or abridging helthrights ar undemocratic, unconstitutional, nul and void.

All 100% Americans demand democracy in politics and in religion, and should insist upon *democracy in healing.*

Monopoly in medicin is as monstrus as domination in religion.

State medicin is as intolerabl as State religion.

All American Constitutions prohibit both.

* * *

"*HEALTH RIGHTS*" Cambridge, Mass.

Publisht without price or profit monthly and expressly (1) To define, popularize and legalize the Irrevocabl Birthright to the free exercize of individual conscience, judgment and volition by responsibl adults, respecting any healing practis.

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THE MAN WHO QUITS

The man who quits has a brain and hand
As good as the next; but he lacks the sand
That would make him stick, with a courage stout,
To whatever he tackls, and fight it out.

He starts with a rush, and a solem vow
That he'l soon be showing the other how;
Then something new strikes his roving eye,
And his task is left for the by and by.

It's up to each man what becums of him;
He must find in himself the grit and vim
That bring success; he can get the skil
If he brings to the task a stedfast wil.

No man is beaten til he givs in;
Hard luck can't stand for a cheerful grin;
The man who fails needs a better excuse
Than the quitter's whining, "What's the use?"

For the man who quits lets his chances slip,
Just becaus he's too lazy to keep his grip.
The man who sticks goes ahed with a shout,
While the man who quits joins the "down and out."

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THE MAN WHO STICKS

The man who sticks has this lesson lernd:
Success doesn't cum by chance—it's ernd
By pounding away; for good hard nocks
Wil make stepping stones of the stumbling blocks.

He knows in his hart that he cannot fail;
That no il fortune wil make him quail
While his wil is strong and his courage high,
For he's always good for another try.

He doesn't expect by a singl stride
To jump to the front; he is satisfied
To do every day his level best,
And let the future take care of the rest.

He doesn't believ he's held down by the "boss"—
It's work, and not favor, that "gets across."
So his motto is this: "What another man
Has been abl to handl, I surely can."

For the man who sticks has the sense to see
He can make himself what he wants to be,
If he'l off with his coat, and pitch right in—
Why, the man who sticks can't help but win.

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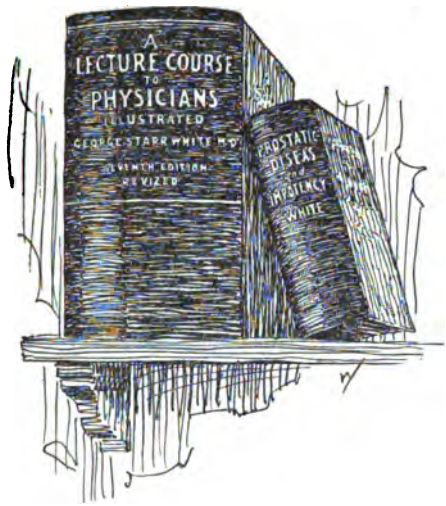

WHAT OTHERS SAY REGARDING MY WORK

Medical Summary, August, 1918

Lecture Course to Physicians on Natural Methods, Diagnosis and Treatment—Aids to Humanity Helpers. By George Starr White, M.D., Ph.D., LL.D., Los Angeles, Calif.

This Lecture Course to Physicians is one of such a degree of originality that one's attention is held at once by the striking manner in which the statements ar made. In fact, this spirit of originality extends to all the methods advocated and used, as wel as to the orthografy, the hundreds of diagrams, cuts and illustrations, and the exceedingly fine caracter of the type, paper and binding, and the general make-up of this elegant volume.

The methods of diagnosis and treatment ar unique and the author's own, and they ar convincingly suplemented by the evidence of their efficiency by the testimony of other physicians and many patients relievd and cured.

Practically the whole category of diseases is included in these lectures, and the methods of treatment include natural means, such as light, color, odor, magnetism and

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electricity, blending into a sistem calld by the author "Bio-Dynamo-Chromatic Method of Diagnosis and Treatment."

Owing to the novelties involvd, and the diversified and extended nature of the subjects comprized, we would advize our readers to put themselvs in communication with the author of these lectures, when they wil reciev information that wil giv them the proper conception of their scope and purpose.

Clinical Medicine, August, 1918

Doctor White is wel known to many physicians for the original Bio-Dynamo-Chromatic methods which he employs for the diagnosis and treatment of many diseases. He has recently elaborated his previus lecture courses into one large volume embodying the information that he formerly communicated to his pupils direct.

This book contains an immense amount of information on methods that ar not usually found in "orthodox" textbooks. That does not mean that they ar "no good." Rather, on the contrary, surprizing results hav been secured with them.

This work wil be a welcum addition to the physician's library.

Truth Teller, July, 1918

Dr. George Starr White's Lecture Course to Physicians and Aids to Humanity Helpers, Seventh Edition, is a volume of over 1400 pages and over 450 illustrations, devoted to natural methods of diagnosis and treatment.

The volume is dedicated to those who ar fighting for medical democracy, medical freedom, and medical advancement. *It is a wonderful book.* It is impossibl in a short articl to do justis to any part of it. We can only advize all physicians to read it and profit by the wonderful revelations which Dr. White makes in this book.

The practis recommended and taut in this volume would revolutionize the practis of medicin. In this volume Dr. White states that more peopl ar being treated by drugless methods in the United States today than by all the drug methods combined. We believ that this is true, and that the number is constantly increasing. This is due to the results folloing sistems which ar ever shifting from bad to worse in the hands

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of seudo-sientists and incompetents, and becaus of the foolish prejudices which hav descended thru centuries from the darkest ages.

Dr. White's treatment is not wholly drugless as he must obtain some chemical combinations and reactions. But the use he makes of such substances is not objectionabl and certainly is not harmful in any degree. Celery, lettis, onions, carrots, and all vegetabls ar drugs in the strict sense of the word. The folloing ar a few "sparks" from his pen:

"A *real physician* wil not hesitate to use any method that wil reliev the sick.

"A *real quack* is one who wil hesitate to use any method to reliev the sick unless it be sanctiond by some 'governing board.'

"To be a physician one does not hav to administer dedly poisons nor mutilate the body any more than a pedestrian has to carry dynamite in his pocket to 'giv him a lift.'"

Pharmacal Advance, September-October, 1918

Dr. White's highly illustrated and unique work "is dedicated to those who ar fighting for medical democracy, medical freedom and medical advancement."

The outgrowth of this voluminus volume cums from the original lecture course by the author to physicians—over 1400 pages being required to cover the subject.

As is aptly stated in the Foreword, *"One cannot stand stil. One must either recede or go forward."*

Many ar the advanst ideas set forth in this book. In fact he has blazed an entirely new trail, basing his work, as he says, on the "Laws of Nature."

The clinical data, both his own and that of his students, exemplify these ideas and ar worth the thotful consideration of practitioners, but as the author distinctly states, unless one believs in Natural Laws, they should not read it.

Herald of Health and Naturopath, October, 1918

Dr. White has done a big servis to doctors—drugless and others—by combining into one volume his splendid series of sixty-eight lectures. Over 350 clinical cases ar described and illustrated, a feature which makes this book invaluabl to the practitioner.

The *Course of Lectures* is divided for convenience into ten

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sections, each section covering a complete branch of rational therapeutics.

Dr. White devotes Part One of his book to his own remarkabl discovery of the Bio-Dynamo-Chromatic method of diagnosis and therapy, which he calls for short the B-D-C method. So unusual and wonderful does his method appear at first that one is inclined to the belief that it belongs to the sfere of the supernatural. The doctor's practical handling of it, however, and the overwhelming proofs he cites to support his discovery, leav no room for skepticism. And perhaps the most remarkabl thing about this new sience is its simplicity —an immense advantage to all who desire to bring the method to their aid and practis.

Not only is every step clearly and thoroly explaind, but the welth of illustration makes the grasp of the subjects dubly sure. After bringing his students thru every faze of natural therapy, cromo or color therapy, foto or light therapy, quartz light, oxigen vapor, electro-therapy, spinal therapy, exercize, diet, pressure therapy, suggestion, sycotherapy, etc., etc., the author devotes Part Ten to an intensely interesting exposition of the principls of Syco-Magnetic-Radiation, which he explains has been considerd by some as occult work, but which is in reality purely fisical. He develops his principls on the basis that "no matter what form life or vital force may take, no matter what vehicl life is carrid in—be it animate or inanimate—its magnetic atmosfere must be caracteristic of the vehicl."

He anticipates the skeptic by saying, "fenomena which belong to this branch of the healing art, extraordinary tho they ar, ar part of our everyday experiences, yet not recognized as such."

He takes the influence of mind over matter out of the relm of speculation, incidentally giving the practitioner a new and powerful aid in the conquering of fisical and mental abnormalities.

This splendid and monumental work is publisht by the author.

Medical Brief, January, 1919

A Lecture Course to Physicians on Natural Methods of Diagnosis and Treatment, Seventh Edition, Revized.

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There may be, says Dr. Bowers in a recent articl in the *Medical Summary,* a few doctors who kno what is the matter with 50% of their patients, altho Dr. Richard Cabot and a good many million laymen dout it. This is sad, but not nearly so sad as the twin fact that the average physician or surgeon wil admit the soft impeachment. Nor does the physician enthuse riotusly over anything that promises to make him more thoro in his work unless the gentlman who originated the thing has been thoroly and definitly ded for a long period of time. To which disconsolate belief Dr. Bowers is impeld, owing to the apathy, not to say antagonism, of the profession at large toward the method of diagnosing toxemias by a combination of colord lights and the magnetic meridian as discoverd and described in Dr. White's voluminus work.

To the dyed-in-the-wool "orthodox" physician, all this may sound ridiculus. Yet every physician who is familiar with the use of colord lights in the diagnosis and treatment of diseas, otherwize known as the Bio-Dynamo-Chromatic sistem of diagnosis and treatment, knows that everything that the author claims for it can be accomplisht and convincingly demonstrated, and that very easily and quickly.

If yu hav any lingering question on the matter, Doctor, get Dr. White's book—let him speak for himself directly to yu—and read it thotfully and try it out yourself. There is nothing secret nor misterius about it. The whole thing is open to your personal investigation and proof. ***And it is worth proving.***

Charlotte Medical Journal, January, 1919

A Lecture Course to Physicians on Natural Methods in Diagnosis and Treatment, Seventh Edition. It is the belief of the riter that one of the most pressing needs of the present time is education of the peopl as a whole in the subjects of vital importance with which this book deals, and an increast interest in this field of sientific work. Sientists ar the leaders of the world, and should constantly endevor to keep a littl ahed of the lay population who follo them. It is, however, important that the leaders should not only blaze the trail, but should make it sufficiently easy to find so that the followers may not fall too far behind. In the intense fascination of exploring the trail, and the eager impulse to pres on to newer and ever newer fields, the sientist is in danger of forgetting

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the handicaps of his followers, and of leaving them hopelessly in the rear.

In regard to diet Dr. White is unusually sane. The volume has as many valuabl points brot out clearly and intelligently as any work that we hav had the plesure of reviewing for a long time. *It is a valuabl book* and it would be wel for every physician to hav one in his offis. Its 450 illustrations ar certainly very important, accurate and intelligently selected. We would advize the readers of this Journal to rite to Dr. White, the author, to send them the accumulated literature that he has descriptiv of this volume.

Reason, May, 1919

A Lecture Course to Physicians on Natural Methods in Diagnosis and Treatment by Dr. George Starr White. This massiv work is an encyclopedia of the latest and best methods outside of the formal materia medica in helping sick humanity and teaching and practising the laws of helth. It is too great for description in these pages.

It is squarely against medical trusts and political medicin. Its watchwords ar *progress, discovery,* and *medical freedom.*

Dr. White has discoverd and put into practical form a new sistem of diagnosis and treatment.

The spirit of the author and the tone of the book can most redily be percievd by a few extracts from the Introduction:

"Stand for and encourage every movement for freedom in aiding and healing the sick and afflicted.

"Stand for what is right tho it may temporarily be to your disadvantage.

"Stand by the axiom that right makes might.

"Stand by those fighting to crush "Kultur" with its motto that might makes right.

"Stand by the vizion of a Universal Democracy—a Democracy in Medicin as wel as in politics."

The Open Door, August, 1918

The Seventh Edition, Lecture Course to Physicians on Natural Methods in Diagnosis and Treatment by George Starr White, M. D., Ph.D., LL.D., F.S.Sc. Lond., of Los Angeles, California, is a colossal work, and the product of an original investigator in the relm of medical art and sience. Dr. White

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stands for democracy in medicin; his cult stands boldly for freedom in aiding and healing the sick; his motto is that *right alone makes might.*

Where the hart is alright, the ways of the hand cannot go astray, and this idea should lead us to make a serius investigation of these new methods of grappling with diseas that thro aside the poisonus, dangerus methods of political medicin.

Dr. White's original work—Bio-Dynamo-Chromatic Diagnosis and Therapy—is fully explaind and illustrated in this great work. *This form of diagnosis is mathematically correct. It does away with the necessity of "exploratory operations" and establishes by a method that is infallibl, when correctly employd, whether one has or has not a specific disorder, and is a wonderful improvement on the hit or mis method of the "orthodox" physician.*

Besides this, it enabls the physician to diagnose tuberculosis, cancer, sifilis, gonorrea, etc. at their very inception and thus saves thousands of lives that ar lost by delay in recieving medical attention.

Space utterly forbids an adequate account of this epoc-making book which contains a world of valuabl information pertaining to helth. The field of human ailments and their successful treatment is coverd in a masterly and helpful manner. Dr. White has studied long and deeply and beyond question is imbued with a passionate desire to help humanity thru Nature's forces—both the self-evident and the les familiar —to maintain or regain the all desirabl object—*Helth.*

As an indication of the standing of Dr. White and his work, it may be pertinent to say that the Incorporated Society of Science, Letters and Art, London, England, had his work under investigation for a year all unknown to him. He was then askt for a thesis upon his work, which was given, whereupon Dr. White was made a Life Fellow of this distinguisht society.

All should hav this valuabl contribution to the world's needs. The work is a notabl contribution to the filosfy and practis of drugless healing and is tipical of the great change that is cumming over the art of healing at the present time.

The radical sistem of spelling adopted by the author is in harmony with the radical principls enunciated.

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Medical Sentinel, November, 1918

When glancing thru Dr. White's Lecture Course to Physicians on natural methods of diagnosis and treatment—Seventh Edition—the reviewer took up the task of reviewing it with fear and trembling. At first it seemd impossibl to giv an unbiast review of such methods of diagnosis and treatment.

From seeing an illustration of a quartz lamp and reading the tecnic of its aplication, the reviewer recievd a jolt. *There is more about the use of the quartz lamp in this volume than in the manufacturer's literature.*

Having workt with Nagelschmidt and Kromayer, the reviewer may say with some authority that White has done better with the subject than they hav.

The Medical Summary, July, 1919

Prostatic Diseas and Impotency, New and Original Methods of Treatment. By George Starr White, M.D., Ph.D., LL.D., F.S.Sc.Lond., Los Angeles, Calif.

The author of this unique work has made some discoveries in the non-surgical treatment of diseas of the prostate that ar astounding.

He utilizes natural laws in a manner never before mentiond.

He opens up a field never before explored.

At one stroke he completely takes the *bête noir* out of the treatment of Prostatic Diseas and Impotency.

His logic and discussions ar as fascinating as they ar useful.

He takes the student into the great Out-of-Doors and introduces him to Nature, and shows him how to harness her immutabl laws.

No laboratory man could hav evolvd such a sistem—only a student of Nature could hav set into type such a fascinating, practical, and success-winning method.

Those who hav had the plesure of hearing Dr. White lecture or who hav red his great work, "A Lecture Course to Physicians," wil not wonder at the sistem he has now workt out and proved to be successful for what has long been considerd incurabl prostatic conditions.

He utilizes gravitation in a manner that is enticing. He uses electricity after his own original fashion. He handls light as a wizard handls wands and balls. Gravitation, heat, light and electricity he weavs into a cosmic whole that makes the reader

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wonder—wonder that the method had not been thot of before.

As a follower of Nature, Dr. White could not complete any sistem without instruction as to diet and how to liv to get the most out of life, and how to be abl to be of the most help to humanity.

In short, Dr. White's book on New and Original Methods for Treating Prostatic Diseas and Impotency stands alone—it has no competition. It should be on the desk of every physician, for it opens up new fields for the progressiv physician regardless of cult, creed or sex.

This work is beautifully printed on special paper and bound in elegant fashion. It is profusely illustrated so anyone can grasp the ful meaning of the text.

The Medical Brief, December, 1919

Prostatic Diseas and Impotency, New and Original Methods of Treatment. Illustrated. By George Starr White, M.D., Ph.D., LL.D., F.S.Sc.Lond., Los Angeles, California.

The subject of prostatic diseases has undergon very considerabl modification in the last ten or fifteen years. For one thing, the actual surgery of the prostate has changed from a procedure of exceedingly high mortality to one of a very lo deth rate. But what is more, much more, important is that the surgical treatment of prostatitis and enlarged prostate has very largely given place to a more conservativ medical treatment. It is to this latter faze of the subject that Dr. White's book makes an interesting and valuabl contribution.

Some time ago we publisht a review of the author's larger work in which he set forth at length the principls and working tecnic of his "Bio-Dynamo-Chromatic" sistem of diagnosis and therapy—an original aplication of magnetic and color vibration to the detection and treatment of diseas. The author assumes that the reader has made himself acquainted with this sistem in order to understand and put in practis the contents of this volume, which treats of its aplication specifically to diseases of the prostate; and the reviewer must assume that Dr. White's sistem of Bio-Dynamo-Chromatics has justified itself in general—as the evidence adduced in his larger book would seem to indicate—when he commends the present work to the attention of the physician. Most assuredly the author givs a reason for the faith that is in him. He asks

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no blind assent to his theories and procedures. They ar an open book, for anyone to prove for himself. If his mode of therapy is as effectiv as he claims for it—and, we repeat, he offers overwhelming testimony on that point—then, most decidedly, it furnishes an exceedingly valuabl resource in the management of a very prevalent and disastrus clas of diseases.

American Journal of Clinical Medicine, September, 1919

Prostatic Diseas and Impotency, New and Original Methods in Diagnosis and Treatment. Illustrated. 1919. George Starr White, M.D., Ph.D., LL.D., F.S.Sc.Lond., Los Angeles, Calif.

This is the newest book from the pen of that indefatigabl worker along new and original lines of diagnosis and treatment, Dr. George Starr White of Los Angeles, Calif., whose Lecture Course to Physicians is wel known to readers of *Clinical Medicine*.

This book is printed in accordance with Dr. White's custom on a sepia-tinted paper, which certainly is restful to the eyes. The type is clear and legibl, and the spelling conforms to the 1919 Dictionary of the Simplified Spelling Board.

Dr. White discusses Prostatic Diseas, and especially its diagnosis, with reference to the *Bio-Dynamo-Chromatic* sistem of diagonsis, which is original with him. Among the causes of Prostatic Diseas, Dr. White attributes even greater importance to venereal diseases, notably gonorrea and sifilis, than is commonly admitted. This is becaus of the fact that a great many patients, who either hav apparently been cured of their venereal diseas, or in whom no simptoms hav ever been manifest, sho a positiv *Bio-Dynamo-Chromatic* reaction.

In the treatment outlined, Dr. White givs ampl reason for the faith that is in him. He is by no means a therapeutic nihilist, as he employs certain drugs where they ar indicated with persistence, and undoutedly with good results, but he depends mostly upon fisical methods of treatment, such as electricity and the varius rays—powerful incandescent light and actinic rays from the quartz lamps.

The reviewer has been impeld to read this book thru rather carefully becaus of the interest that was arousd in it. We believ that other physicians studying the book wil be attracted in the same manner.

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This work is not only extremely interesting, but also wil prove of immense servis to general practitioners as wel as specialists.

Pharmacal Advance, November, 1919

Prostatic Diseas and Impotency by George Starr White, M.D., Ph.D., LL.D., F.S.Sc.Lond., Los Angeles, California.

Dr. White in his introduction says:

"This book is dedicated to those who ar not satisfied with the old and antiquated methods of treating diseas—those who believ that freedom of thot and action, within rational bounds, should be demanded by all who embark in any healing ministry."

This book is of special interest to the general practitioner, and is wel illustrated, so that a grafic idea of the tecnic to be employd can be easily seen and carrid out. Dr. White, unlike many authors, has discarded theory, using Nature's laws for his basis, and describes his successful methods in a manner that is both easily readabl and instructiv.

Beautifully printed and bound in flexibl lether, it makes a valuabl addition, in every way, to the physician's library.

The folloing review of the *Seventh Edition* of my *Lecture Course to Physicians* appeard in *The Healthy Life* magazine of London, England, July, 1919, issue. This review was ritten by Dr. J. Allen Pattreiouex, the wel-known Naturopathic physician of London.

A BOOK OF THE MONTH

Wer the writer of this review to be askt which of all the most recent works publisht dealing with Natural Methods of Healing he considèrd to be the most original and instructiv, combined with largeness of scope, he would unhesitatingly anser that as far as his own knoledge went, his book by Dr. George Starr White was deserving of the *first* place in such a category. It is a very big work, and the price is also high, but it is one which every physician or other person keenly interested in these newer methods of treatment should endevor to possess.

As a practising Naturopathic physician, the reviewer has found the book to be of great servis to himself. He conse-

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quently responded all the more redily to the editor's invitation to review it in the hope that others in this cuntry (England) might also be enabld to gain knoledge and skil in one or the other of the many instructiv and original methods of treatment outlined in its pages.

A glance at its "Contents" pages reveals at once the nature of the many important subjects which ar treated, some of them entirely new to readers on this side of the Atlantic. Who, for instance, has ever herd of or red before of *"Bio-Dynamo-Chromatic Diagnosis and Treatment?"* Yet a good section of the erlier portion of the book (Part One, 345 pages) is taken up solely with a consideration of this highly significant subject.

Then again in Part Two there is discust *"Condenst Out-of-Doors Treatment."* This method recievs its name becaus it is asserted by Dr. White that "when patients reciev such treatment, they ar recieving in reality *more than they would if on the mountains."* As is wel known, a mountain residence at a high altitude suplies both condenst sunlight and condenst oxigen, i.e., ozone. To obtain this, however, one has to leav home and travel hundreds or may be thousands of miles, liv in a rarified atmosfere, and otherwize experience many discomforts, all of which militate very seriusly against the therapeutic benefits derivabl from life at such an altitude.

By means of the *"Condenst Out-of-Doors Treatment"* suggested in this work, however, the patient need travel no farther than to the offis of a physician using these methods, and there enjoy, in more complete mesure than if he wer resident at a mountain altitude, the benefits derivabl from condenst sunlight and oxigen.

What this condenst sunlight and condenst oxigen actually consist of, together with the precise methods of administration, ar suplied in this section with a welth of detail and abundance of illustration.

Citations of many clinical cases ar also given in Part Three and elsewhere, in which patients ar stated to hav recoverd by means of the aplication of this treatment when practically almost all other known methods of treatment had faild to effect the cure or giv relief.

In Part Four several other methods of natural healing ar particularized, such as *Massage, Hydrotherapy, Electro-Therapy, Sinusoidalology, Spinal Reflexology* and *Therapy,*

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Traction Therapy, the *Magnetic-Wave Current, Skin Freezing,* etc., and a welth of practical information on these varius methods is suplied. This section is also notisabl for the fact that, as in the two previus ones, some new and original methods of treatment ar given. Thus a special form of massage is outlined to which has been given the name of *"Iodic Massage,"* also a special form of Electro-Therapy discoverd and developt by Dr. White under the titl of *Pulsoidal Therapy.* This treatment is distinctivly individualistic to each patient.

Another method termd *"Ergo-Therapy"* givs a rational means of reducing fat and exercizing the cels. There is also suplied in this section a useful list of *Fisical Exercises* for the physician himself to practis, or to teach to his patients, in order to keep fit and wel.

Part Five deals also with a variety of subjects such as *Dietetics* with special reference to the meaning of *Electric and Magnetic Foods; Colon Therapy* with instructions, assisted with some very clear illustrations on how to examin the colon and treat for diseases of same. The necessity for this examination and treatment may be gatherd from the statements made by Dr. White that auto-toxemia (self-poisoning) is the caus of most human ils, with its focal point more often found in the colon than elsewhere, and that when the colon is restored to a normal fisiologically clean condition, the patient gets wel *regardless of what the diseas has been calld.*

Part Six goes very thoroly into the theory and practis of Pressure Therapy.

Part Seven deals with such subjects as *"Vivisection," "Germ Theory," "Vaccination"* and *"Inoculation."* Dr. White clearly shows what his position is on these subjects when he states in reference to vivisection, "there is as great an abyss between the true physician and the vivisectionist as there is between heven and hel." Also when, in regard to vaccination, he writes, "Personally I hav never believd that vaccination prevents smallpox. I believ it is sanitation and isolation that prevent it. Many reliabl statistics ar given revealing the fallacies of the varius theories on which the practises of vaccination, inoculation, etc. ar bilt.

Part Eight has a chapter giving a useful amount of information in respect to the *"Cigaret Habit"*; one dealing with *"Fakes of Fakirs,"* and one on the subject of *"Offis Efficiency."*

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Part Nine is a large section of over two hundred pages and contains *"A Therapeutic Gide,"* giving a list of varius complaints with methods of treatment in accordance with Dr. White's discoveries and results. *This is a very servisabl adjunct to the practising physician.*

What also makes the work more valuabl in this respect is the copius *Reference Index* which has been suplied, whereby practically every subject, littl or big, treated of in the work can be turnd to on the instant.

Part Ten deals with the *Human Aura* or *Syco-Magnetic Radiations.* A detaild study of the auric rays and portions of the body from which they radiate is here suplied. The close connection existing between the deficiency in auric rays and varius diseases, or auric ray emanations and diseasd portions of the body is shown.

The most original part of this book is clearly that of the subjects treated of in the first section, and it wil serv my purpose best to mention this matter more particularly here, as folloing on the subject of the auric rays, since the Bio-Dynamo-Chromatic method of Diagnosis and Treatment naturally depends upon this matter of the auric rays and their constitution in helth and diseas.

In years to come, it wil doutless be thru the discovery of this particular method of diagnosis and therapy that the name of Dr. George Starr White wil becum known and immortalized. In point of fact, Dr. White has alredy establisht a reputation in the U.S.A. on account of these unique methods of diagnosis and treatment. Patients from all over the U. S. and foren cuntries travel to Los Angeles, California, in order to reciev the benefit of his advice and special methods of treatment.

"What then," it wil be askt, "is this sistem of *Bio-Dynamo-Chromatic Diagnosis and Treatment,* and what can it do?"

It is claimd to be none other than a method by which such dred complaints as tuberculosis, cancer, sifilis and gonorrea can be almost infallibly diagnosed. A large number of clinical cases ar given of patients who hav either been sent to Dr. White by other physicians for diagnosis, or of patients who hav cum on their own initiativ to Dr. White in order to hav confirmd or negativd the diagnosis of cancer, tuberculosis,

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sifilis, etc., given to their complaint by the previus physician or consultants.

In many of these cases the ordinary practising physician's diagnosis has been found to be rong, and the patients placing themselvs under Dr. White to undergo his special method of treatment hav seen for themselvs the correctnss of *his* diagnosis by the course of events abundantly justifying the same.

Should we thus hav—as is claimd by Dr. White to be the case—an almost infallibl method of diagnosing such dred diseases as mentiond above, along with the means of either curing or considerably alleviating these complaints where the troubl is not too far advanst as to be beyond any hope whatever, such as is suplied by Dr. White's "Bio-Dynamo-Chromatic," "Condenst Out-of-Doors," and other treatments, then humanity is clearly under a great det to this original thinker and investigator.

Dr. White has alredy had to pay the usual price for pioneer work by being criticized by the clique dominating the American Medical Association. This, however, he considers a small price to pay for the benefit he has been abl to confer upon humanity.

Tersely stated, Bio-Dynamo-Chromatic (for short B-D-C) Diagnosis consists in eliciting the patient's "Magnetic Meridian Simpathetic Vagal Reflex" by certain methods clearly stated and wel illustrated. According to the nature of this reflex which is elicited by means of certain colord rays *dissipating* the normal reflex, so is the particular kind of diseas diagnosed. Thus the rays from a colord screen, made by combining actinic orange with actinic ruby, shed upon the epigastric region of the bare body of the patient wil enabl the operator, from the resulting reflex, to diagnose that it is either tuberculosis or cancer that the patient is suffering from. An actinic orange color used in the same way wil differentiate cancer *from* tuberculosis.

Another screen wil diagnose sifilis, auto-intoxication and malaria, while another wil differentiate malaria from sifilis.

Another screen again wil diagnose liver intoxication, jaundis, etc., and so on. Also there ar screens used for ascertaining the *severity* of the diseas, whether that diseas be cancer, tuberculosis, etc.

From this knoledge, it may be inferd with a fair degree of

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certainty as to how far a cure is possibl and the probabl length of time, on the one hand before the complaint can be cured, or on the other hand when deth wil ensue.

The B-D-C method of treatment consists in also using colord radiations, the colord ray used being dependent upon the particular color diagnosing the particular diseas.

In addition to pure B-D-C therapy, in these cases Dr. White many times uses some of his other original methods of treatment such as his sistem of dietetics, "Condenst Out-of-Doors Treatment," "Pulsoidal Therapy," etc. There is no ges-work about this sistem as judged from its outline in the book and the many reports from his pupils. It is conducted by purely fisical methods and on true sientific lines.

The book is exceedingly wel illustrated. This is one of the best of its many valuabl features, whilst, for a sientific work, the text is so simpl as to be easily understood by the average layman. Altogether, seeing that Dr. White has been his own publisher, he is to be congratulated on having gotten out so wel finisht a work.

Folloing out Dr. White's progressiv ideas, he has ritten the book according to the simplified spelling sistem. With a littl practis one soon becums accustomed to this form of spelling.

To issue such a work in such a form goes again to sho that not only has Dr. White the courage of his convictions, but that he is also prepared to pay the price, if need be, for them.

International Brief & Journal, October, 1919

We hav had the privilege of recieving and reviewing a copy of Dr. George Starr White's Lecture Course to Physicians, Seventh Edition. Also his new work on Prostatic Diseas and Impotency.

We hav reacht the age where we ar looking for, in fact we demand, "something different" in the healing art. The laymen demanded this first, and this of necessity, if we did not of our own accord, would create the demand of the medical profession for something different.

In reviewing these books, the first glance, the middl look, and the last gaze impresses the reviewer that we ar at last satisfied in our hunger for the "something different." If we stop here, our readers would not kno whether we considerd the works better or worse than anything we had seen before.

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However, let us say that we hav not alone something different, but something better. Most of the subject matter is new and original, much of it startlingly so, and on the whole is the greatest departure from things "orthodox" that we hav seen pertaining to diagnosis and treatment of diseas.

Everything in these books is rational, everything natural, and the simplicity and plainness of expression ar both impressiv and pleasing. The secret of Dr. White's (or rather we should not say secret for he clearly shows that he has no sientific secrets)—let us say the success of Dr. White's work is essentially dependent upon the harmonius vibration of all things, and his book presents an exampl of harmonius vibration. The stock, the type, the composition, the simplicity, the clearness all go to make up harmony. There is scarcely a page that does not present a new idea that, if followd out, would be of benefit fisically, mentally, or morally, or all combined to the one to whom it was aplied.

We predict that Dr. White's Bio-Dynamo-Chromatic sistem of Diagnosis and Treatment, and the principls underlying it wil revolutionize the practis of medicin and absolutely control diseas. Is that too much to expect, when by it we realize now that we can diagnose such diseases as cancer and tuberculosis in the most incipient stage, and localize it in every case? *This sistem removes the ges.*

The folloing is a book review in the *Bridgeport* (Conn.) *Times*, January 24, 1920, ritten by their regular medical correspondent, Simon Louis Katzoff, A.M., M.D., LL.D., author of "Timely Truths on Human Health."

Schopenheuer, the great filosofer once said: "There ar no more than ten books publisht in a century worth reading." On first thot such a striking statement might seem somewhat exaggerated, but upon closer analisis of the subject one begins to comprehend its true significance.

There ar thousands of books turnd out daily from the pres mils of our cuntry just as Lynn or Brockton (Mass.) turn out shoes. The difference between the production of shoes and books is that the shoes ar really needed while the books ar producd chiefly for profits and to confuse the minds of the innocent and gullibl. This may sound shocking, but all

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truth is shocking. Only a lie is shocking-les, peaceful, and respectabl.

I hav before me a book entitld, "A Lecture Course to Physicians," by George Starr White, Ph.D., M.D., of Los Angeles, California. It is a most novel and striking book. It is different than most books on helth inasmuch as it dares tel the truth. Its abl author, Dr. George Starr White, does not worship the golden calf. Hence he tels the truth based upon his many years of experience in the practis of medicin and surgery. Altho it is "a lecture course to physicians" yet it is ritten in such unmistakabl, simpl terms that it should be in the home of every truth-loving and helth-loving person in America.

Even the mecanical construction of the book is different than any I hav ever seen. The paper upon which the book is printed is of special finish and tint to meet the requirements of the eye. The type used in the book is a special type, "hand-cut," which makes it more natural and easy to read than the ordinary "machine-cut" type. The spelling in the book is made to conform with the 1918 bulletin of the Simplified Spelling Board.

Under the hedding "Sparks from the Author's Anvil," Dr. White says:

"Nature is stronger than education."

"Nature is beyond all teaching."

"Nature directs knoledge, knoledge directs practis, practis increases knoledge, which in turn teaches us how to understand Nature. If yu don't believ in the Laws of Nature, stop reading this book before yu begin."

"Medical laws do not protect the public. The public has to liv in spite of the medical laws."

"Who is responsibl for the great multitudes of unfortunates who ar addicted to drug habits? The "M.D.'s," no matter from what scool they haild."

"Yu can't reform a drunkard by getting him drunk."

"Yu can't reform a quick-temperd person by making him mad."

"Education must be the foundation of all reform."

"I believ alcohol has done more harm in the world than it can ever do good."

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"I also believ tobacco in all forms is a curse. Physicians, if they do their whole duty, could soon stamp alcohol and tobacco out, but too many physicians ar slaves to one or the other or both."

"O, for a Democracy in Medicin!"

"Stand for and encourage every movement that stands for freedom in aiding and healing the sick and afflicted."

"Stand for what is right, tho it may temporarily be to your disadvantage in some ways."

"Stand by the vizion of a Universal Democracy—a Democracy in Medicin as wel as in politics."

The *International Brief and Journal* in its October, 1919, issue takes up a great deal of space discussing my Bio-Dynamo-Chromatic Method of Diagnosis and my Condenst Out-of-Doors Sistem of Treatment. It says in part:

The Bio-Dynamo-Chromatic Sistem of Diagnosis and Therapy as evolvd by George Starr White, M.D., has been accepted by the medical fraternity of New York City as being *the most sientific discovery yet made in the practis of medicin.*

There has been littl in medicin that has stood sientific tests. All thru the history of medicin, the laboratorist or clinician would preside at the birth of a new theory one day and officiate at its burial on the morrow. The reason for this is that at best it was a theory and not founded on sientific prinoipls.

The "B-D-C" sistem (Bios, meaning life; Dynamis, force; and Chroma, color), founded on wel-known laws of fisics is as sientific as its name implies. Therefore, like all things sientific, it is here to stay, and since it promises the most potent possibilities in the relief of human ils of anything yet demonstrated, we welcum it with open and eager arms while heaving a deep sigh of satisfaction, relaxation and relief.

Chemistry, engineering, electricity, astronomy, surgery, dentistry, ar all truly sientific, and hav all made wonderful strides ahed of late, especially in the last five years. Fisical Therapy and Diagnosis, which comprizes "B-D-C," and largely because of it, is now abrest with the foremost ranks of other branches of sience.

Drug and serum therapy hav made no real sientific advance, and hav therefore been relegated to the rear and unsientific

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ranks, and obscured by the dust of progress, perhaps never again to be on erth, or if so, only to occupy their apropriate place in the museums of history.

It is a matter of record, accepted by the medical profession, that more than 50% of diseases ar rongly diagnosed, even in the best equipt hospitals by the ablest diagnosticians. What then may be expected of the average practician in general offis and cuntry practis? Would 75% or even more be too high to expect?

This being the case, then, is it any wonder that there ar so many "incurabls," or that the deth rate in general is so high? Just stop and think what exactly happens when the average, or in fact most any doctor, takes a case. He gesses as nearly as possibl what is the matter with the patient. Next, he selects a drug, the action of which he knos les. And finally he puts it into the patient's sistem, of which he knos stil les.

The patient feels "a littl better" for a few days and then lapses back to the original simptoms, plus the reactionary ones from the drug, and finally tries another doctor. The same thing happens again and again. Finally, just before the last M.D. lets her slip thru his fingers, as a resource to hold her a bit longer, he suggests a "consultation." He calls in one or two other M.D.'s who, if they can get together alone wil agree that "your doctor is doing all that can be done." Then, if she happens to consult alone later with one of the consultants, he may say, "Wel, I'l tel yu, Mrs. Kronik, I didn't want to say anything to hurt the doctor's feelings, but—etc." Then he makes another ges that the first doctor didn't think of, and so Mrs. Kronik ultimately becums the victim of gessing, until she is listed amongst the incurabls and later long before her allotted time, she furnishes the morning papers with the hed line, "Gon but not forgotten."

Now what was the primary reason for this untimely deth? Is it not logical to suppose that if she could hav been accurately diagnosed in the beginning, that her cure could easily hav been effected? It is undisputed that the cure of almost every case is simpl if it can be diagnosed erly enuf, just as it is easy to extinguish a fire if discoverd erly enuf.

That is what makes the Bio-Dynamo-Chromatic sistem of Diagnosis the most valuabl adjunct to the practis of medicin yet discoverd. It makes the diagnosis of cancer and tuber-

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culosis, for exampl, even in the very beginning, an absolute certainty. To anyone unacquainted with it and its possibilities, that sounds absurd. Claims first made for the telefone, the telegraf, the "movie," aeroplane, wireless telefone, x-ray, and all other things, when first herd of, sounded absurd. But just in the same way as cancer and tuberculosis can be diagnosed, so can other toxemias, such as sifilis, gonorrea, malaria, grip, epilepsy, infections, etc.

Space here forbids anything like an elucidating description of the sistem, but we may say briefly that it is based on the principls of vibration of "ether waves," and the magnetic meridian, and their effect on the simpathetic-vagal reflex of the patient. Merely a question of matching vibrations of the patient with the vibration of radiant colors. For instance, when a certain shade of ruby is shed on a patient suffering from tuberculosis, no matter if he has had it twenty-four hours or fifty years, as soon as that color radiates on the bare skin of the patient, it changes the tension of his entire nervus sistem so that it can be notist by the patient as plainly as by the examiner.

This sistem has now been in practical use with private physicians for over six years, successfully proved on many thousands of cases by its discoverer and his pupils, and is now being used as a routine method by over thirteen hundred physicians thruout the world. A number of articles on the subject hav been publisht quite freely by sientific investigators.

The Journal of Iowa State Medical Society, April, 1920, containd a paper red at the Iowa State Medical Socity, May 7, 8, 9, 1919, at Des Moines, Iowa. Among the varius discussions was one by Walter E. Scott, M.D., Adel, Iowa. It is as follos:

"I am satisfied that there ar a few men in the United States who ar making erly diagnoses of tuberculosis and cancer as wel. While I hav not used the method myself, I hav seen the work done and hav instald the apparatus for doing it.

"I believ the only method of making an erly diagnosis in tuberculosis and in cancer is by the B-D-C method. This method is perhaps just as foren to the members of this Society as anything can be, but in time yu wil verify my statement that the Bio-Dynamo-Chromatic method of diagnosis of tuber-

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culosis and cancer, as wel as sifilis, gonorrea and some other conditions, as workt out by Dr. George Starr White of Los Angeles, Calif., is the method of choice."

At the seventeenth annual convention of the *International Convention of Physicians and Surgeons and National Association of Progressive Medicine,* held in New York City, October, 1919, it was unanimusly resolvd that the Bio-Dynamo-Chromatic Sistem of Diagnosis and Therapy should be and hereby is recognized and accepted as one of the most, if not the *most* practical and useful adjuncts that has been given to medical sience.

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My dear Doctor:

I hav had the plesure of studying your "big book"—the Seventh Edition, Lecture Course to Physicians. To me this is the real knoledge worth while. I hav workt along natural lines for the last fifteen years, and with such methods hav always gotten better results than with the obsolete methods taut in the medical colleges.

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My dear Doctor White:

It is really futil for me to try to ad anything to the statements of apreciation and admiration which cum before me daily from men who command authority and power in the medical world. I can simply say that your work is Herculean both in quantity and quality. This elaborate compendium of knoledge which yu introduce to the world under the name of "A Lecture Course to Physicians, Seventh Edition," is to me the most epochal work of man's labor and genius since the day of Darwin's "Origin of Species," only it is vastly more practical, as it lays open to the student the very hart of Nature and how to enlist Her forces in the servis of human helth and life.

Yu ar revealing more practical facts and advancing more boldly in the arena of Nature than any investigator I hav been in position to study, but your tools ar not only of the hed and hand, but of the intuition as wel. And when keen obser-

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vation, calm judgment, concentrativ mental power, and sweeping logic, ar gided and gaged by the light of intuition, we ar dealing with a master who becums a leader of his time.

I am not reading your book. I am *studying* it, and my mental digestion cannot be forst. Hence I must procede by slo stages, which makes your book to me a practical encyclopedia containing an index which in itself constitutes the work of an amanuensis. Your book is to me a valuabl possession, which is constantly starting something new in my mind. Let me repeat to yu that my apreciation is beyond the power of my words to express. I hav at present three books in my library which I hold up against all the rest, if a choice wer to be urged. Of these, one is the *Seventh Edition* of your *Lecture Course to Physicians and Aids to Humanity Helpers.*

The folloing is a copy of a letter ritten by a wel-known eastern physician (M.D.) under date of June 2, 1918.

To the Medical Profession and Others
Who Wish to Aid Humanity:

Altho I was educated and traind a "regular physician," I hav ever been mindful of the fact that the so-calld "irregulars" could and did cure many cases that the "regulars" had given up as "hopeless."

I did not want to be a "trailer to the Car of Progress," so began to look about to gain more knoledge of what the "old-fashiond" physician chose to call "irregular." It seemd that the "irregular" was so named, because his methods wer not O.K.'d by certain societies or associations. The merits of his methods did not seem to cut any figure. This all lookt to me like a "closed-shop" or a boycotting sistem—in other words a professional sistem of unionism and in many cases a sistem of "kultur."

Being an American with liberal ideas of what "American liberty" ment, such a sistem of autocracy was repugnant to me.

As I wanted to do some post-graduate work, and at the same time hav a rest and change of climate for a few months after a stedy grind for over twenty-five years, I took my family to Los Angeles, California.

Among other physicians there, I met George Starr White, M.D., whose original work is becumming wel known. Altho I

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knew that many of the "regulars" denounst Doctor White, and for no other reason than that he taut and practist methods not past upon by certain organizations, I determind to find just why the Medical Union was trying to boycot him.

I found Doctor White a hard worker and a man who disregarded "union hours" as well as anything else that curtaild efficiency or progress. His "besetting sin" was his appetite for all that would help humanity—whether it wer in medical books or in the open "under the great blue sky." I lernd that Nature was his teacher and that "what the medical profession says" had very littl weight with him. I at once saw why narro doctors would try to belittl his work and his desire to aid humanity in any manner possibl.

A great revelation has cum over me—a revelation that must sooner or later cum over the "regular scool" in medicin, viz., that much of the very best in the healing art is not taut in our "regular" medical colleges. Others ar doing as great or greater work than the so-calld "regulars" ever hav done, or ever can do, with their "ethical" (unionized) methods.

During four months I spent a good deal of time with Doctor White. I now realize why those who practis natural methods ar gaining so fast and quietly sweeping the feet out from under the ones who use un-natural methods taut and practist so largely by the "regulars."

I now realize as never before why so many of the "best peopl" ar patronizing the "drugless" cults. It is all the fault of the old-time "regulars." They tried to dominate the healing art and hav been found wanting. Altho they hav resorted to politics to bolster up their caus, yet that must soon giv way. The peopl pay the bils and the peopl wil hav what they feel is the best for them and their children.

From what I hav seen and lernd during the past few months I am convinst that Nature knows more about righting unnatural conditions than any group of men who ar trying to compel the public to take their medicin or go to jail. Americans ar peace-loving peopl and wil stand a good deal of abuse for a time rather than fight, but when once they begin to fight there can be no quarter. Just so sure as the sun givs us light, just so sure the American peopl wil not stand for Medical Unionism much longer. I was a long time waking

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up. Others ar waking up too. Soon there wil be a rush "to arms."

I hav had an exceptional opportunity for studying Doctor White's work—both in diagnosis and treatment. I am imprest with the fact that tho his work is as natural as gravitation, yet it is so revolutionary that one stands amazed at its possibilities.

I hav seen him diagnose obscure conditions by his Bio-Dynamo-Chromatic sistem in les time than it takes to tel it. The best of all, however, is that he is curing many of the so-calld "incurabls." I kno this, for I hav seen the cases before and after his "condenst out-of-doors" treatment.

Some of his worst cases hav been diagnosed and treated by wel-known physicians from far and near—treated by the "regular" methods and given up to die, yet within a few weeks such cases wer wel. The patients said they wer wel. They lookt wel and by laboratory methods they wer "checkt up" as wel. One such case in particular I watcht from the first to last and saw the laboratory reports—outside laboratories, that the patient went to of his own accord.

I am frank to admit that I could never hav believd what I hav seen had I not been there and been a witness to it all. It is for that reason that I am riting this statement, so others not so fortunately situated as I hav been, can adjust themselvs to "stubborn facts" as I myself hav done, for I shal henceforth use his methods.

Now if Doctor White could do these things only from his "personality," or "magnetism," that would be wonderful; but to make the work all the more wonderful, his pupils can do the same. In fact I hav red many of their reports and hav seen their letters, and what they say I could never hav believd had I not seen the work myself.

Altho many of our Journals and Magazines hav described Doctor White's methods, yet for the benefit of those who hav not red these articls, I wil briefly set forth what his sistem is.

We all kno that a compass needl points north and south. This must be causd by some natural force, or else it would turn in some other direction. This force is the magnetic meridian. Now if the magnetic meridian wil turn a needl, it must also hav some effect on life, the same as gravitation or other natural forces.

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Doctor White, over thirty years ago, discoverd that birds suffering from tuberculosis could not find their way home, that is, lost their power of direction or orientation—a magnetic-meridian instinct or sychic compass. After years of experimentation and reserch, he discoverd a method of proving that the magnetic meridian also affected humans. He also lernd that this force acts one way on a wel person and another way on one sick from tuberculosis, cancer, sifilis, gonorrea, malaria, etc. He then sercht out a way of telling what diseas the person had by finding a method for temporarily altering the person by means of colord lights, so the magnetic meridian would act on them the same as on a wel person. The color that would do this indicated what the diseas was. The sistem is simpl, yet wonderfully exact. Tuberculosis, cancer, sifilis, etc., can be detected by this method at their very beginning and long before they could be determind by any other method known.

Doctor White's Condenst Out-of-Doors method of treatment is just what the name implies—natural methods concentrated. For exampl, he utilizes radiant light of great power and oxigen vapor, along with the color that diagnoses the diseas. It is all so simpl—yet all natural methods must be simpl or they would not be natural.

Fortunately for me, Doctor White's book—A Lecture Course to Physicians, Seventh Edition—was printed while I was under his tutoring and I red and studied the printed parts as they came from the printer, so I am the first one to study from this, his masterpiece.

This book of 1,422 pages and 452 illustration, I am advized, cost so much to publish, that no publisher would undertake it. Therefore Dr. White, himself, has finanst and publisht this great work for the good of humanity.

Without any hesitation I can say that I hav lernd more practical, commonsense methods from studying this work than from any other book I hav ever red.

The book is ritten in a plain, interesting style that does not tire one. Every page is glittering with the author's personality and fire. Every page givs something new and interesting. In fact, the whole book is a moving picture of natural methods based on natural laws. A new light dawns on yu as yu peruse

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the work and becomes brighter and brighter til the book is finisht. Altho the titl of the book is a broad one, yet the author's reasoning is broader.

To all who wish to aid humanity I can hartily recommend Doctor White's work as so wonderfully set forth in his Seventh Edition, Lecture Course to Physicians and Aids to Humanity Helpers.

N-32

My dear Doctor White:

I hav red your unique book, Seventh Edition, Lecture Course to Physicians. One cannot read this great work without feeling that it is bilt on truth and that its author is a spiritual and intellectual giant whose work wil shine more and more as the years roll on.

Your book has made me feel small and ignorant, but strong and yung in the light of truth.

Your book and your personality inspire me to progress more than ever before.

N-33

My dear Doctor White:

For the past six months I hav been diligently studying the Seventh Edition of your Lecture Course to Physicians. I am studying it daily with the greatest interest, and find it to be thoroly pleasing, sientific, useful and founded upon natural laws.

I hav alredy lernd from this wonderful book more practical information than I lernd in four years of medical college training.

I am putting your work into use as rapidly as possibl, and am delited with it.

N-34

Dear Doctor:

I hav studied very thoroly your book, Lecture Course to Physicians, Seventh Edition, and kno I am getting some very remarkabl results from your methods of treatment.

I hope to soon be abl to cum to Los Angeles and take a private course with yu.

N-35

I hav recievd your "medical apocalypse" (Seventh Edition, Lecture Course to Physicians) and digest it at slo stages. It is

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very concentrated meat, yet held in redy solution. So easy reading must hav been hard riting. It is a romance of sience, at once a fairy tale and concrete history. I certainly shal use it for my "sermons"—I never found such sterling material in a book before.

My dear Doctor White:

I am pleasd to lern that yu ar writing another book giving the history of the development of your work and its progress. I certainly want a copy.

Regarding the work which yu hav initiated, and in which yu hav often given courses of instruction, I wish to say that yu ar so far advanst in original reserch work that the average physician cannot grasp the meaning. Your hard thinking and conscientious hard work deserv a monument for future posterity to kno that there was a man in the twentieth century who had the knoledge and the courage to dig down unknown depths of great knoledge.

By actual experience I kno that the B-D-C sistem of diagnosis and therapy is so far ahed of the old-scool teachings that one wonders how we could stand stil so long.

Spinal reflexology is the *par-se* for all functional and organic treatments. For the increasing of intra-cellular excitation and elimination of toxic material, your Combined Light and Condenst Out-of-Doors Treatment hav no equal.

However, the *diagnosis* is everything, and with your sistem when a diagnosis is made, the treatment is not only indicated but suggested by means of the color which elicits the diagnostic reflex.

Becaus I am connected with a large institution, I must ask yu to keep my name confidential, but my four years of actual experience with your work proves every word I say to be true.

A Chicago doctor who was a pupil of mine several years ago rites as follos:

I am having excellent results in treating gonorrea folloing out your methods. I hav a number of cases which, after faithful treatment, giv a normal MM VR. Therefore I can gambl that they ar *cured*.

My results in the treatment of tuberculosis seem to be in every respect such as yu claim in your lectures.

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I want to say, Dr. White, that your work has been a great source of plesure and profit to me, and of course I am enthusiastic about it.

The folloing is taken from a lecture on *"The New Science of Healing"* (October, 1919), by Frederick Finch Strong, M.D., late instructor in Electro-Therapeutics at Tuft's Medical College, Boston, Mass.

"The study of the aura of the patient affords clear indications and treatment, if we hav an etheric vizion and can see it.

George Starr White, M.D., of Los Angeles, Calif., has devized and perfected a most reliabl sistem whereby diseas is diagnosed from its auric emanations by accurate and demonstrabl methods of a purely fisical nature.

Dr. White's discoveries hav inaugurated a new era in the sience of diagnosis. Only those scof at his methods who hav never personally tested them or masterd his tecnic."

N-60

Dear Doctor White:

It is now several years since I took up your method of diagnosis and treatment. I certainly consider your work fundamentally correct.

N-61

Dear Doctor:

I hav been extremely careful in using your Bio-Dynamo-Chromatic sistem of Diagnosis, and hav used it clinically at one hospital with *uniformly correct* diagnosis.

The hospital staf hav been in a hyper-critical frame of mind, so I hav taken an independent attitude, diagnosing case after case in my own work in the presence of the hospital attendants, and occasionally in the presence of a staf of visiting physicians, The result is that my work has becum the subject of daily discussion of groups of physicians at the hospital. The secretary of the staf has informd me that they ar all greatly interested becaus the hospital records sho that the B-D-C tests ar working out successfully.

It wil interest yu to kno that the pathologist of the staf, who opposed the B-D-C work most strenuously, said he saw me make an examination and that he doesn't kno how I

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arrived at the diagnosis. However, he later confirmed the diagnosis microscopically, which diagnosis was subsequently confirmd also in the Mayo Clinic. They all agree that the sistem is almost incredibl, but nevertheless appears to be right.

I hear that some of those having your outfits ar refusing even ten times the amount they paid for them becaus they wil not allow them to be out of their sight nor take a chance in getting another.

N-62

Dear Doctor White:

I hav had the best season's work that I hav had in all my years of practis. I owe a great deal of this great success in my work to the valuabl points I lernd from your Lecture Course.

I am glad yu ar getting along so wel, for yu certainly deserv unlimited success. One thing stands out prominently with yu and that is yu hav never stinted your information to others, but hav given the best there is in yu to your fello practitioners.

I am now using almost exclusivly your B-D-C method of diagnosis and therapy, and am having very good results.

N-63

My dear Doctor White:

It is about a year since I took your Lecture Course. I want yu to kno that I consider your work not only deeply interesting but of great value. I am of the opinion that it should be given a hearing by every progressiv physician. I feel convinst that time wil bring ever wider recognition to the discoveries yu hav made and the truths yu ar working so indefatigably to demonstrate.

With all good wishes for your continued success to deal with human ils in the light of sientific reserch rather than follo the old paths markt out by the superstition of bygone ages, I beg to remain,

Your appreciativ pupil.

N-68

Dear Doctor White:

This is to remind yu that I was a member of your 1917 clas in Chicago. To tel yu that I am grateful to yu for what

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yu taut me regarding the B-D-C method of diagnosis and treatment is putting it extremely mild. The satisfaction and plesure I get in making diagnosis by your method I cannot begin to tel, and I kno I hav just begun.

I am getting fine results. I hav diagnosed cases of cancer of the rectum and stomac, several cases of sifilis and gonorrea, and cases of tuberculosis of the kidny and lungs. I hav made many diagnosis of liver toxemias, grip infection, etc. All my findings hav been proved to be true by time or other methods. Is it any wonder, Doctor, that I am enthusiastic?

N-69

My dear Doctor White:

I feel it is a duty I owe yu to tel yu how much I apreciate what yu hav done for me.

Since first taking your Lecture Course a new world has opend up to me in medicin—the fisical side of "medicin."

Since taking your Lecture Course the second time, the new world is newer and I am sorry that so many years of my life hav been spent in plodding along in the old rut. I thank God tho that I am abl to apreciate and put into practis what yu hav taut me.

Your method of air-colum percussion givs me a way of diagnosing Splancnic Insufficiency in many cases that I could not possibly diagnose in any other manner.

Many cases of asthma I hav been abl to reliev by simply diagnosing the splancnoptosis and relieving that. Every case of asthma that I hav is suffering from splancnic insufficiency. After aplying a suitabl support I hav been abl to reliev the asthmatic condition.

I am having great success with the powerful incandescent lamp and oxigen-vapor therapy.

I often find splancnic insufficiency in thin persons as wel as in fleshy persons.

The B-D-C method of diagnosis is giving me splendid results, as is also the Pulsoidal Therapy.

In old, cronic reumatic conditions I am getting marvelus results by treating with the Pulsoidal Current thru dishes of water as taut by yu.

For Albuminuria I am using spinal stimulation and the powerful incandescent lamp as wel as oxigen-vapor therapy, and get splendid results.

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For Diabetes I am having unexpectedly good results by using the same methods, modified to suit the individual.

N-64

Dear Doctor White:

For the past four years I hav been using your B-D-C method for diagnosis every day in my work, and am now more enthusiastic over it than ever.

N-65

My dear Doctor White:

As one of your pupils of four years ago, I wish to send greetings and good wishes to yu and yours. From years of experience with your work, I can say that I would not be without the knoledge of your Bio-Dynamo-Chromatic Method of Diagnosis for anything in the world, for it is thru that sistem that we can talk in positiv terms when making a diagnosis.

Your Condenst Out-of-Doors Sistem of Therapeutics is sure to lead all others as time goes by.

N-66

Dear Doctor White:

I am doing more and more of your work constantly, and am likewize becumming more enthusiastic in it. The time wil soon cum in my practis when I wil attempt no diagnosis nor treatment of any case unless they ar willing to be tested out by your Bio-Dynamo-Chromatic method.

As a good deal of my work is general practis, I am now diagnosing cases by the B-D-C method and referring to my own offis for treatment by my assistant. I then re-examin them every two or three weeks. I hav to do this as I am so busy with general practis, which I intend soon to giv up and devote all my time to offis practis.

N-67

My dear Doctor White:

Nothing can afford me greater plesure than to be abl to tel yu that in the short time since I took your course in Chicago I hav been exceptionally successful with your B-D-C method of diagnosis.

I certainly hav some of the "moss backs" here showd up. Within the last two weeks I hav made six diagnoses at the

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hospital, three of them giving the *D*-MM VR (gonorrea). Out of the latter three, two had been diagnosed as having appendicitis. Operation proved my B-D-C diagnosis to be correct.

My practis has grown so much on account of this work that I am alredy compeld to enlarge my quarters and put in more parafernalia.

N-73

My dear Doctor White:

I want to tel yu of my personal experience with your wonderful Bio-Dynamo-Chromatic method of Diagnosis and Treatment, together with the very many other suggestions that I got from yu when I took your course five or six years ago. I was looking for some new things and I surely got them.

Soon after I took your course a yung doctor came in and I showd him your methods, at which he laft about the "nonsense" that I was constantly getting into. The upshot of it was that I made a diagnosis of him and found he gave a normal MM VR. A few days later he came in and said he was interested in the work and wanted me to go over him again. I thot this rather peculiar but went ahed anyway, and found that he gave a decided gonorreal reflex. However, he said that he had not been exposed to the diseas. A week or so later he came in and said he had a fully developt case of gonorrea, and that he had been "exposed" about fifteen hours before I made the diagnosis in which he gave the gonorreal MM VR.

Persistent "colds" hav been cured in many cases when it was found by the B-D-C method that the real caus of the condition was not a cold but tuberculosis.

I find malaria a very frequent caus of sistemic disturbances which do not respond to treatment. From your method of diagnosis and treatment, however, cures can be made which seem almost like miracls.

My experience with your B-D-C method of diagnosis is that sifilis is very frequent, but not nearly so common as medical literature and the "Wassermann reaction" would seem to indicate.

I hav found the cancer reaction positiv in quite a number of obscure cases where it was only gest at by the ordinary methods of diagnosis. On the other hand, I might ad that I

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hav faild to find it in quite a number of cases where the "orthodox" diagnosis was practically positiv, and the patients had been advized that an operation would be necessary to save their lives. Several of these cases ar alive and wel today without any surgical interference—cured by your Condenst Out-of-Doors sistem.

I am very much interested to find the malaria reaction so common and the correction of it of such curativ value. Without the Bio-Dynamo-Chromatic method of diagnosis, one would be quite unabl to direct the proper treatment.

In short, Dr. White, I am just a pure, simpl, plain, and unadulterated enthusiast when it cums to your B-D-C work. I could rite a volume on the interesting cases of diagnosis by your sistem. The case of tuberculosis of the spine that I rote yu about two years ago, stil continues wel—cured by your Condenst Out-of-Doors method of treatment.

N-70

Dear Doctor White:

I certainly could not get along without your Bio-Dynamo-Chromatic Method of Diagnosis, which I am using in practically every case that cums to me.

I am just finishing remodeling my offises to take in the entire suite of rooms, so I wil hav more space to take care of my rapidly growing practis, thanks to your B-D-C method.

N-71

Dear Doctor White:

Your B-D-C method of diagnosis is one of the greatest discoveries of the age. I hav pounded my fingers until I hav "corns on them," and this wil stand as Exhibit A, in evidence of the fact that I hav made use of your methods.

I believ that no patient was ever *cured* unless something wer done to establish a *Normal*-MM VR. One physician does it one way and another in another, but by means of the B-D-C method of diagnosis one can tel whether the method he is using is the correct one, and whether the patient is cured or not.

N-72

Dear Doctor White:

It is now five years since I took your course and began to use the Bio-Dynamo-Chromatic sistem of diagnosis and Con-

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denst Out-of-Doors Therapy. Some time ago three women came many miles to me for a diagnosis and advice, each having been told by the best physicians in their respectiv cities that they had cancer. According to your B-D-C method of diagnosis, I told them they had nothing to fear. Time has proved that my diagnosis was correct, as all signs of the growths hav disappeard.

There is an independence that cums to one who uses your methods of diagnosis and treatment that cannot to my knoledge be obtaind from any other source.

If all physicians who want to aid humanity would cum out boldly and be independent as yu hav been in this work, they would hav to turn away patients the same as we ar abl to do now, as our work has increast so becaus of these methods that we cannot take care of them.

N-75

The folloing letter is from a wel known physician who was injured in an automobile accident. He was told by the leading surgeons of the United States that his thigh must either be amputated or be made stif. He came to me from the East in the spring of 1916, contrary to the advice of the surgeons.

I treated him by means of the powerful lights, oxigen vapor, and diet, for about three months. Notis that the date of his letter is

....., Oct. 6, 1919.

My dear Doctor White:

I am happy to tel yu that I get around with the assistance of a cane, and hav only a slight limp. There is no soreness or pain in my hip and in fact I am nearly my old self again. I am better than I ever thot it possibl and, Doctor, my family and I giv yu all the credit of getting me started right and advizing me as to the right course to follo.

In my presènt fine condition, the thots of only one leg or a stif hip make me shudder. Yu cannot wonder that I am in a very happy frame of mind at the present time.

Besides this, I hav workt harder and hav done more business and made more mony this year than in any previus year.

I may cum out to Los Angeles to see yu this winter.

Your book on Prostatic Diseas and Impotency was recievd in due time and I very much apreciate it. It is gotten up in

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fine shape and is up to the minit on treatment of these diseases. It is ful of valuabl information and should be red and studied by every practitioner who has the welfare of his patients at hart.

(Note—He did cum out to Los Angeles and he "danced a jig" for me to sho how wel he was.)

N-36

Dear Doctor White:

I hav just finisht reading your Lecture Course to Physicians, Seventh Edition, and your book on Prostatic Diseas and Impotency. To say that the books wer wonderfully interesting would be putting it too mildly.

While I hav always realized that I did not kno it all, your books made me realize how much I did not kno about a subject that I hav been specializing in for years, namely, Physical Therapeutics or Nature Cure.

N-37

The Seventh Edition of your Lecture Course to Physicians has been recievd. I am taking deep drafts from it nite and day. To say that it is interesting does not express it.

I just wanted to say a few words to tel yu that I consider the book wonderful, and the more I delv into the work that yu so grafically depict, the more I find it is true.

N-38

Dear Doctor White:

Your book entitld, "Lecture Course to Physicians, Seventh Edition," has been a constant source of instruction to me, and I hope one day to meet the author face to face.

N-39

Dear Doctor White:

I hav recievd your book entitld, "Lecture Course to Physicians, Seventh Edition," and so far, altho I hav red only a small fraction of its contents, would state that I would not take a great many times the price I paid for it if I could not get another one.

N-74

The professor who rote this letter is a man wel known in the medical profession and altho he was a surgeon, he

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has given it up almost entirely and is devoting all his time to Bio-Dynamo-Chromatic Diagnosis. I hav never met him as he has lernd my work entirely from my Seventh Edition Lecture Course to Physicians. Extracts from his letter ar as follows:

My dear Doctor White:

I hav found it impossibl to get away the latter part of May to take your private course as I anticipated, owing to the pres of business and a Court case where I hav to appear as witness. I am very eager to make the trip to Los Angeles as soon as I can get away.

I talkt over an hour and a half before the meeting of our large County Medical Society last Wednesday on your Bio-Dynamo-Chromatic Method of Diagnosis. The meeting was very wel attended and I certainly never saw a more interested bunch of medical men. It was a revelation to those who had not herd of your B-D-C method.

Very fortunately there wer in the meeting about half a dozen physicians who had previusly seen me diagnose by your method, and they supported me in the discussions. The discussions and questions continued for one hour after my talk, which showd the profound interest. Before the close of the meeting the society voted to hav me repeat my talk at the meeting of the State Society in August.

Yesterday Dr. ..... brot me a case for B-D-C diagnosis. This case had baffld the very best men in the large university as wel as in our State. Without one word of history or information of any kind whatsoever, I made a diagnosis by the B-D-C method of influenza, and conducted the influenza energy from both tonsils; and also of sifilis. I also conducted the sifilitic energy from the lower dorsal spine and from the liver.

After I had announst my diagnosis, the doctor who brot the case told me the patient had influenza last January and that he himself had treated him for a chancre on his penis twenty years ago, and that his paramount trubl at the present time was nocturnal angina. The physician was entirely satisfied with my diagnosis and said he knew that it was correct and he would hav to admit that it was the most remarkabl demonstration that he had ever witnest.

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Alredy I hav many appointments to make B-D-C tests for the physicians who wer present at the big medical meeting.

I hav been stedily working at our largest hospital, and hav calld in many of the several doctors to witness some of the most intricate and obscure cases. I might say with no littl personal pride, as wel as compliments to yu, that every B-D-C test that I hav made has been confirmd in some other manner, either by time, operation or autopsy.

I hav been proceding very cautiously becaus when I take a stand I want to kno that I am right. The only fault I hav to find with the B-D-C work is that it has increast my business way beyond my control and endurance. Altho I hav been obliged to enlarge my offis space three times within the last two years, and hav added assistants to help me out, yet with all these additional facilities I am unabl to keep up with the large patronage that is now cumming my way—all owing to your wonderful sistem of diagnosis."

N-40

My dear Doctor White:

Wel, I hav just finisht your great book—the Seventh Edition of your Lecture Course to Physicians, and I must say it caps the climax for any book on medical literature that I hav red, and I hav red everything progressiv that I could find. Yu can count on seeing me in Los Angeles within the next six months to take a private course with yu.

N-41

Dear Doctor White:

Your books recievd and I hav practically neglected everything else to devote the best part of three days to studying them. Altho yu ar stil a yung man, it would be hard for any ordinary man of seventy to accomplish what yu hav. If I wer just commencing the roll of my fifty years' practis insted of being at its end, I would take up your sistem of therapeutics and sit at Gamaliel's feet like St. Paul until I had becum saturated with his teachings.

I am taking as much interest as ever in the work of "path finders" who ar blazing out new trails for future processions. It is to be regretted that their genius is never fully recognized until they hav past on.

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Yu certainly hav the right, commonsense idea of treating prostatic diseas. I believ it is the only known successful method for prostatitis and prostatic hypertrofy.

N-42

Dear Doctor White:

I am privileged to be the possessor of the Seventh Edition of your Lecture Course to Physicians. This remarkabl book has been a constant source of interest and instruction to me for some time. I do not see how any progressiv physician would be without one.

N-46

My dear Doctor White:

For weeks I hav been devoting hours of study to your two valuabl books, "The Seventh Edition Lecture Course to Physicians," and "Prostatic Diseas and Impotency."

It would be difficult for me to advize which one should be red first, as both contain so much valuabl and unexpected information. Any physician or student of helth who wil not be benefitted indirectly, sychically and morally by reading these books is il and needs treatment.

I hav red many books on helth and hav ritten one myself, and I can say that I do not remember any as being ritten in a more comprehensiv, instructiv, and interesting style than your two books.

No physician's library is complete without them. They should be in the home of every progressiv thinker and liberty loving person in America.

N-43

Dear Doctor White:

Yu ought to kno, my dear Doctor, that I am sitting up nites reading and studying your two books—the Lecture Course to Physicians and the book on Prostatic Diseas and Impotency. I think these two books ar wonderful, and I am cumming to Los Angeles to take a special course with yu and lern this work from the ground up.

N-44

Dear Doctor:

I hav red your two great books, the Seventh Edition Lecture Course to Physicians and the book on Prostatic Diseas.

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I must say that yu hav done a great deal for the peopl of the world in getting out these two masterpieces. The medical profession especially should thank yu for what yu hav done.

N-45

Just a word to tel yu that I hav just finisht reading Dr. White's most wonderful works—the Seventh Edition Lecture Course to Physicians, and Prostatic Diseas and Impotency. He certainly must be a man of patience, endurance, knoledge, and a lover of truth to be abl to rite as he does.

N-4

Dear Doctor White:

Your new book on Prostatic Diseas and Impotency has been recievd and red from cover to cover. The book is surely a beauty and I congratulate yu upon your taste in design, type, paper and spelling.

No one knows better than I do the soundness of the logic put forth in this book. It was thru treatments such as outlined in this book that I regaind my helth and am now a wel man. To say that I feel grateful for what the teachings of this book hav done for me, puts it mildly.

May each year ad to your alredy wel-deservd laurels.

N-5

Dear Doctor White:

Your new book on Prostatic and related troubls came in due time, and I must say I hav found it very interesting and instructiv.

Your methods ar so far out of the beaten path, yet ar so logical and productiv of complete cures that it marks a new epoc in the successful treatment of this very refractory clas of cases, and places them at once within the professional limits of every physician who properly equips himself for treating such cases.

I intend soon cumming to Los Angeles to take another private course with yu.

N-9

Dear Doctor White:

Your new book on Prostatic Diseas and Impotency is a most remarkabl book, and I am more fascinated with it the

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more I read it. It covers a vast and important field of offis work, much of which I see almost every day.

As I becum more familiar with the many practical methods which yu hav very ingeniusly devized and perfected, the more clearly am I convinst that it is far ahed of most physicians' qualifications and equipments. I shal therefore not feel satisfied until I hav taken a private course with yu. I should certainly advize every progressiv physician to do the same.

N-10

Dear Doctor White:

Your book on Prostatic Diseas and Impotency has been recievd and red. That I hav greatly enjoyd and profited by the reading goes without saying. I need not tel yu that your emfatic treatment of the question at issue, as wel as the criticisms of those who presume to deal with that and similar problems, suit me to a "T."

N-6

My dear Doctor White:

I hav just finisht reading your book on Prostatic Diseas and Impotency. I hav red it with much satisfaction indeed. I like the clear way in which yu describe your tecnic. I am now studying the Seventh Edition of your Lecture Course to Physicians and expect to complete it before I reach Los Angeles for a private course with yu.

N-7

My dear Doctor White:

Yu ar doing a great work. As I see it, your only handicap is that the work is far and away ahed of the apreciation of the average intelligence.

N-8

As a dietician of many years of experience, I can say that George Starr White, M.D., has in his books many valuabl and helpful suggestions about the dietetic treatment of the diseases discust. Dr. White is one of the few physicians who has dared to advance along these lines for the great benefit of their patients. This feature makes his ritings all the more valuabl.

Dietetics is the fundamental subject to be taken into consideration in every diseas, and Dr. White fully realizes it.

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It is for that reason that he has devoted so much space in his ritings to dietetics. His books ar ful of very useful and helpful advice that every conscientious physician ought to follo if he wishes to obtain the same brilliant results as Dr. White and his pupils.

N-22
Dear Doctor White:

Pleas pardon me for my expression, but the word I want to use, after having red your new book on Prostatic Diseas is what a "wizard." I had scarcely red a dozen pages when in came a man of fifty, bending over and saying, "My, my, it is nearly killing me." "I hav not past a drop of water today." On inquiry, he said that an old stricture that he had sufferd from for years hurt him so that he could not be catheterized.

I immediately took him in the treatment room, tilted the tabl as described in your unique book, turnd the 3,000 c.p. lamp on his perineum, put a urinal by the side of the tabl, set my timer at fifteen minits, and left the room. On returning fifteen minits later, he said that with a sudden gush his urin started to flo, and he had a ful quart to sho me for the effort.

Now, Doctor, after twenty years of efforts with all kinds of catheters and many disappointing experiences, I think this is the slickest work yet. I sent word "down the line" to many of my "prostatics" whom I had formerly treated and could not help, and they ar now lining up and taking their turn at the treatment, and apreciating it hugely.

Doctor, I thank yu for what this book is doing for me, and the many good things in store from it.

N-1
Dear Doctor White:

I hav red your book on Prostatic Diseas and Impotency. It is one of the most sensibl books on the subject that I hav ever red, and I try to keep in tuch with everything progressiv in medicin.

N-2
My dear Doctor White:

Your book "Prostatic Diseas and Impotency" came O.K. I want to say that I congratulate yu on your good work and its

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originality. Some day I certainly hope to hav the great plesure of meeting yu face to face.

I am very much interested in your methods and especially in your Bio-Dynamo-Chromatic method of diagnosis.

N-3

My dear Doctor White:

I hav red your work on Prostatic Diseas and Impotency very carefully, and hav re-red many sections so as to firmly fix in my mind the many valuabl and original truths therein containd. I am every day using your methods with the very best success, and try in every way I can to improve on them, but I find it a very difficult thing to do.

I surely can recommend the work to every physician. It cannot help but broaden his ideas and wil make him a better physician. It wil help him to diagnose where he previusly faild in diagnosis. In other words, it wil help him to help suffering humanity.

N-11

Dear Doctor White:

I hav studied your book on Prostatic Diseas and Impotency and think it is very fine. Your work has certainly been a wonderful help to me, and it has made me much more successful in aiding suffering humanity than anything else I hav ever had. I shal soon want to cum and take a private course with yu at Los Angeles.

I am having wonderful success in treating all stages of sifilis. So far I find that I can obtain a normal reaction from a patient within twelv weeks of treatment, whether the case be primary, secondary, or tertiary.

N-12

I hav been very busy lately studying Dr. George Starr White's book on New and Original Methods for the treatment of Prostatic Diseas and Impotency. I tel yu the book is a wonder. It outclasses everything that I hav ever red or herd of.

The methods described and illustrated in Dr. White's Lecture Course to Physicians, Seventh Edition, we ar having

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wonderful success with. We ar using them daily and get most magical results.

The caus of aiding humanity is obligated to Dr. White in such proportions that its det of gratitude cannot be liquidated for several generations to cum.

N-13

Dear Doctor White:

I hav red your book on Prostatic Diseas thru from cover to cover with great plesure and profit to myself, and the knoledge gaind I am sure I can use for the benefit of my patients in the future. Your method of treating with the Pulsoidal Current and Light is admirabl—the powerful lights relieving congestion and the pulsoidal current developing the muscular structures in and around the prostate and bladder. I am indeed glad to see that yu hav taken up the question of dietetics in such a reasonabl manner, for the public has gon crazy over "calories," "vitamins," etc.

Experience has taut me that thru diet we hav a means of at least preventing cancer, if not curing it. Altho so littl is known of the caus of cancer, yet this fact stands out in the limelight—*the higher the "civilization," the more cancers.*

Becaus of my own work along the lines of dietetics, I am all the more gratified to read your terse remarks on this subject.

I shal indeed be glad when the time cums when I can take a private course with yu in Los Angeles.

N-17

Dear Doctor White:

I hav red your wonderful book on Prostatic Diseas and Impotency thru several times, and can say with great satisfaction that the mony paid for it has been very wel invested.

I am now ordering the Seventh Edition of your Lecture Course to Physicians.

N-18

Dear Doctor White

Your book on Prostatic Diseas I hav red and am certainly elated over it. I wish yu to giv me the address of the firms manufacturing everything used in this work.

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N-19
Dear Doctor White

We hav studied your book on Prostatic Diseas and hav gotten very much valuabl information therefrom.

N-20
Dear Doctor White:

I hav been greatly interested in studying your Prostatic book. It is extremely interesting, and the diet as outlined is the most rational of anything that I hav ever red. I hav carrid out the directions outlined in your book for my own self and am getting better just by folloing out the rational advice given without any other treatments whatever.

N-14
Dear Doctor White:

I hav red your book on Prostatic Diseas and Impotency thru, and it pleases me more than I can tel. Yu may remember I took your course five years ago. I hav found your method of diagnosis positiv and am lerning to use it and depend upon it more and more.

N-15
My dear Doctor White:

Among the many aids to humanity that I hav lernd from the Seventh Edition, Lecture Course to Physicians, is pressure therapy. We ar having wonderful success with it, and so far hav hardly ever faild in relieving pain when carrying out the work as yu so wel depicted it in your book.

Pleas get redy for me everything yu hav for B-D-C diagnosis and therapy. I hope to be with yu soon to take a private course in your work.

N-16
My dear Doctor White:

I hav red your new book on new and original methods for the treatment of Prostatic Diseas and Impotency. This book is surely a "cracker jack." The many commonsense methods presented, the reasonabl instructions given, and the easy possibl utilization of these things wil certainly bring comfort, help and healing to the afflicted.

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The illustrations, paper, printing, binding, and appearance wil all ad to the interest and plesure of the reader. The book is destind to hav a large sale and a wide influence, and it wil do a vast amount of good to those who need help if they wil follo instructions.

There ar many things presented which wil be of untold value to those who wil try them out, and the splendid results wil make those persons your frends everlastingly.

N-21

Dear Doctor White:

I hav red your book on Prostatic Diseas and Impotency and hav been amazed over how many profound, almost revolutionary, facts can find expression in a language so unassuming and simpl that a layman can not only grasp it, but he can aply it to his condition. Personally I hav lernd more in perusing that magnificent work than in thrashing thru all the clinical reports and laboratory experimentation during my entire practis as a physician.

Another thing that I could not help notising is your rediness to giv credit to every person who in any way has been of any value or servis to the true art and sience of healing. The great man is he who in his pursuit of truth forgets himself.

As I go over again and again the tecnic of cure as outlined in your book, the fact masters me, that all the treatments hitherto carrid on by "medical sience" in the cure of gonorrea and sifilis hav amounted to a mere juggling with accepted, but unproven standards, with no certainty of plan, and no therapeutic prospectiv for its tecnic. I do not kno to what extent the world honors yu at present, but I do kno the future belongs to yu and your recognition—*I mean your ful recognition is cumming.*

Your entire book bears the mark of being ritten in the white glo of bristling activity, suffused by the conviction of triumfant success.

N-23

Dear Doctor White:

I am in reciet of your good book on Prostatic Diseas, etc., and am astonisht at once at finding the amount of information that it contains and the striking and artistic equipment of the

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book itself. I hav this very moment made up my mind to keep a "niche of fame" in my library for every one of the books yu hav so far publisht and that yu wil publish. I find it almost incredibl when I compare your youthful, unrinkld, boyish face with the mas of hevy, powerful volumes yu hav publisht with such an intense, concentrated activity. What a tremendus force for good and general usefulness yu hav at your disposal!

With sincere apreciation I wish yu a long life.

N-76

Dear Doctor White:

I am more and more pleasd with your Metronomic Interrupter. In prostatic diseas it is a grateful surprize. It is fine for some cases of asthma, aplied over the 7th cervical and about the 6th or 7th thoracic when putting a bifurcated cord in the hands.

I cured a case of hiccofs on myself a few days ago with it. May your good work go on.

N-75

My dear Doctor White:

I certainly am interested in your method of diagnosis and treatment. I must say that the treatment that yu outline in your book on Prostatic Diseas for prostatic trubl and gonorrea is the best I hav ever tried for both men and women. I am studying your books every nite and want anything new that yu may rite.

KROTONA INSTITUTE OF THEOSOPHY, LOS ANGELES, CALIF.
December 1, 1919.

Dear Doctor White:

I hav ritten yu a letter regarding my opinion of your discoveries, from the standpoint of a physician and student of sience. In this note I wish to say a few words from an entirely different angl—that of the Occultist.

As a National Lecturer for the Theosophical Society, it has been my endevor to prove by laboratory and lecture experiments that "The *Occult Science* of today wil be the *Orthodox Science* of the future."

I hav found it difficult to present this thesis in an acceptabl manner to members of the Scientific Faculties of varius

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Universities, owing to the paucity of material of a demonstrabl nature.

I hav found the greatest assistance in your varius methods of demonstrating certain fenomena of the Aura, which ar generally calld "superfisical" (using the term in the popular, and not in the occult sense).

Your attitude in keeping "your feet firmly planted upon the erth," demonstrating all facts obtaind thru your supernormal perceptiv powers by purely fisical-plane methods, reveals not only a wize discrimination, but has undoutedly greatly enhanst the practical value of your work.

In a few years, when your discoveries ar generally accepted and recognized by sientists and physicians, I venture to hope that yu wil giv to the world some of the knoledge which yu hav acquired by "occult" or "superfisical" methods. I recognize that the time is perhaps not yet ripe for such revelations, but I also recognize that yu wil hav much to giv the world from this standpoint when the proper time arrives.

Fraternally yours,
Frederick Finch Strong, M.D.,
Acting Dean, Krotona Institute.

J. E. Johnston, M.D., Pittsburg, Pa., in a very abl paper entitld, *"Our Birthright,"* red before the Central Society of Physical Therapeutists, October, 1919, said:

"During the past year a yung girl about five years old was brot to me for diagnosis and if necessary for treatment. Several specialists had treated her for curvature of the spine.

"After putting her thru the Bio-Dynamo-Chromatic Diagnosis, a tubercular condition was redily found. The treatment consisted in B-D-C Therapy and tension. After about six months the spine straitend and the constitutional condition was so improved that treatment was discontinued for the present.

"A woman was brot to my offis by a relativ who was taking treatment. The B-D-C sistem of Diagnosis was used, and the lump in her brest was diagnosed as benign. Nevertheless the patient had her brest removed, as she had previusly pland. The microscopic report verified the B-D-C finds—benign growth.

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Extract from book entitld "Zone Therapy," by Drs. Fitz-Gerald and Bowers, New York City.

George Starr White, M.D., Los Angeles, Calif., discoverer of the Bio-Dynamo-Chromatic method of diagnosis, I consider to be one of the most thoro and abl diagnosticians in America, if not in the world.

N-77

Dear Doctor White:

I am inclosing herewith my check for another shipment of your Valens Essential Oil Tablets. I repeat what I hav ritten yu before—that these tablets hav renderd splendid servis in a numbęr of instances.

N-78

George Starr White, M.D., F.S.Sc.Lond., the eminent physician of Los Angeles, California, the author of that epoc-making masterpiece, "A Lecture Course to Physicians," has recently given to the world another excellent book, "Prostatic Diseas and Impotency, New and Original Methods of Treat-ment." It ought to occupy a permanent place in the library of every progressiv physician, regardless of cult, creed or sex.

The volume is a gem of the printers' art, splendidly and lavishly illustrated, elegantly bound, and contains many pages brim ful of original and helpful suggestions that ar cheap at a dollar a word.

Having red it several times, I recommend it most hartily to all those who ar looking for something not only new and original but also practical—it having been tested for results by many years of clinical experience.

N-79

"Diagnoses by Means of Colord Lights"

Was it Solomon or Bucephalus that said: "Of the making of books there is no end?" Implying thereby that book-riting was not enthusiastically endorst by these worthies.

On general principls I'm strong for this sentiment. But every once in a while someone cums along and says some-thing—something big and vital—something that ads to the world's store of knoledge, that increases human helth and happiness, that brings a message of cheer and hope to thous-ands who need all these things.

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Such a book is "A Lecture Course to Physicians," ritten by my frend, Dr. George Starr White, who just commences to begin where most doctors leav off lerning.

Dr. White is a vizionary who has made his vizion a reality. He's an idealist who has made his ideal practical.

For Dr. White has made a score of wonderful ideas gro where before there was only a barren patch of ignorance. His work is an oasis in a desert of reactionism and bigotry.

Dr. White has discoverd a method of mesuring vibration, so accurate that it needs only that he ad the mesurd vibrations of colord lights to the number of vibrations of a sick body in order to tel exactly what it is that is causing the sickness in that body.

Tuberculosis, cancer, sifilis, gonorrea, malaria, and a score of other infections, can by this method be diagnosed in their erliest incipiency—sometimes years before their presence is disclosed by any other known method.

Not only can they be determind but they can also be cured —by a modification of the process that disclosed them, together with apropriate adjunct treatment.

Any intelligent physician, who wil train himself in this new tecnic, can do almost as wel as Dr. White, altho, in my opinion the methods ar not likely to becum popular for some time. Dr. White isn't ded enuf yet.

The "Lecture Course to Physicians" is a book that efficient doctors will read and work with—a book that wil harten and help laymen. Especially if they hav or expect to hav anything the matter with them that hasn't or won't be cured by present antiquated methods. EDWIN F. BOWERS, M.D.

N-80

My dear Doctor White:

I hav red the Seventh Edition of your Lecture Course to Physicians. This book is *magnificent,* and I would not think of parting with it at any price. It is a complete medical education. I shal gladly recommend its purchase to every physician.

N-81

Dear Doctor White:

I hav now been using Valens Essential Oil Tablets for several months. I consider them indispensabl in the successful

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treatment of neumonia and other lung and bronchial trubls. I feel that time and experience wil prove them vastly superior to any other treatment for influenza, neumonia, etc.

N-82

Dear Doctor White:

Your Binocular Pulsoidal method for restoring blood pressure is a wonder. I had no idea one could change the circulation and blood pressure as I hav been abl to do since using your Metronomic Interrupter. If physicians only knew what I kno about this apparatus, it would keep any factory busy to suply the demand.

Report from a scool principal

New York City, Sept. 16, 1919.

Dear Doctor White:

Our clerk at scool had flu last fall, followd by neumonia. She was out of scool several months, in fact resignd, but came back in May. She had a cold all the time and a very disturbing cof. I gave her a bottl of your Valens Essential Oil Tablets late in June. Last week she askt me about them and said she never had used any remedy that had helpt her so much. She requested me to get her some more.

Dear Doctor White:

I am inclosing herewith my check for another shipment of your Valens Essential Oil Tablets. I repeat what I hav ritten yu before that these tablets hav renderd splendid servis in a number of instances, and I hav no dout that if they ar placed on sale in any of our leading drug stores that yu wil find a very large and redy market for them.

Dear Doctor White:

Kindly send me another gross of your Essential Oil Tablets. I hav found them very beneficial in my work.

I am getting along slowly but surely with the method of diagnosis which I lernd under your tutorship. I am getting splendid results.

The world should certainly kno of yu and your wonderful Bio-Dynamo-Chromatic method of diagnosis.

I hav given one public lecture on your sistem of diagnosis and hope to giv several more before the winter is over. I

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hav gotten many physicians interested in your sistem. It certainly is the most wonderful method known for diagnosing diseas.

N-83
Dear Frend and Teacher:

I want yu to kno that I hav not forgotten yu, nor do I lack in duly apreciating your masterly work. Not a day goes by without my using your Bio-Dynamo-Chromatic method of diagnosis and treatment.

Your Seventh Edition Lecture Course to Physicians is a gold mine of knoledge, and every day I am making use of its contents.

N-84
Dear Doctor White:

I hav a copy of the Seventh Edition of your Lecture Course to Physicians and consider it the most valuabl book I own. I am inclosing check to pay for a copy of your new book on Prostatic Diseas and Impotency, and hope it wil prove to be equally as valuabl as your big book.

N-85
Dear Doctor White:

I hav red your book on Prostatic Diseas. It is the greatest book I hav ever red on the subject. I hav also red your book, Lecture Course to Physicians, Seventh Edition, and hav gaind a great deal of knoledge from it. I certainly think the methods that yu describe ar the most wonderful in the healing art.

N-86
Dear Doctor White:

Your book on Prostatic Diseas is a wonder. I cannot tel yu how much I apreciate it.

N-87
Dear Doctor White:

Your book on Prostatic Diseas recievd. It is beautiful to behold and beautiful to be held. It is in keeping with the thoroness of everything yu do. Success—continued success be yours.

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N-88

My dear Doctor White:

I hav your new book on Prostatic Diseas as wel as the Seventh Edition of your Lecture Course to Physicians. Yu ar doing a great work, Doctor, and I am exceedingly interested in it.

N-89

Dear Doctor White:

Wel, Doctor, I hav the leading physicians of this city gessing. Last winter the editor of our State Medical Journal took me to task becaus I was using your Bio-Dynamo-Chromatic method. I came back at him with a letter plainly stating that whatever I do and whatever I say, I understand, and while I do not pretend to kno it all, yet when I make a claim for anything, I am fully abl to back it up "with the goods."

I was at that time not redy to make any public clinical demonstration, so allowd the controversy to pas by—advizing him to fully inform himself regarding the B-D-C sistem before criticizing me or anybody else about work concerning which he knew nothing.

Our entire correspondence, including his apology, was publisht in the State Medical Journal. That controversy opend the fight in this State.

I next got a letter from the ex-President of our State Medical Society and President of the Board of Councilors of our State Medical Society, notifying me that I must at once repudiate B-D-C work or resign from the State Medical Socity. In my reply I stated plainly that becaus of my knoledge of fisics and my knoledge of the B-D-C work, I was convinst that the principls on which the B-D-C work was based wer absolutely correct, and furthermore that the B-D-C sistem afforded a very valuabl means of diagnosis. I defied them to expel me from the society, and I would hav brot suit for damages at once had they done so. The President of the Council came back with a letter of apology, which closed the incident for the time being.

In this city many of the leading physicians went on record violently denouncing the B-D-C sistem, altho they knew absolutely nothing regarding it. I went right on with the work in my own practis, demonstrating the correct screen diagnosis

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in case after case, and astounding physician after physician, until now the staf of St. Joseph's Hospital has askt me to make a demonstration for them, and the Dean of the Medical Department of ——— University has askt for a demonstration before the University authorities. I hav them gessing and soon I am going to hav the plesure of forcing it on to those officials of the State Medical Society who wer so "cocky" as to demand my resignation, which they did not get.

Just this afternoon I diagnosed one case of tonsilitis and one of epilepsy for Dr. —— at ——, with the screens, and both cases wer found to be correct, tho not a word was told me until the screen diagnosis had been made.

My routine is to use the screen test without asking the patient a question except his name and address. If I find the patient has an abnormal reflex (MM VR), and I am abl to cover the condition with such screens as I hav, I tel the patient the simptoms and his diagnosis.

Nothing that I hav been abl to do in medicin has made so much of an impression on the patient as my conclusions from the screen test, and it is universally correct, becaus I do not say I *kno* unless I *kno* I am right. My next step is to examin for mecanical and functional disturbances in the case.

I kno from your book that yu mention the fact that yu can make all diagnoses without asking the patient a question, and that the sistem is infallibl as gravitation. I could not believ this, however, until I had tried the work out myself, and am now convinst that what yu say is correct.

There is something new and interesting cumming up in this work every day. I wish to thank you for the suggestions and trubl and time which yu hav given me to solv some of my littl perplexities in handling this work, owing, I think, to the fact that I hav never taken your personal course, but hav lernd your work entirely from studying your book.

I fully agree with yu that the principl of recognizing abnormal conditions by observing the energy vibrations is correct. That is a fisical proposition which no human being can alter. Like all fisical law, it is constant. Combining certain fisical principls into a fisical equation wil always giv the same fisical result. Having convinst myself of the infallibility of those fisical laws, I realize that it is up to the physician to recognize

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and identify the varius principls of the fisical equation which givs us the perverted function. Disturbd function introduces a new principl into the normal, human equation, and to that extent, however slight, the member on the opposit side of the equation is diseasd—disturbd functional balance. I think that sums up the whole problem.

Nothing that I hav found has done so much to determin the disturbing members of the equation as the use of your Bio-Dynamo-Chromatic screens normalizing the abnormal energy.

I hav plesure in demonstrating your B-D-C work to physicians who are the most antagonistic. They do not bother me at all. I like to sho the fello who is the most radically antagonistic. It is now real fun for me. I go very carefully, and when I get thru with him he has nothing to say. It is simply way beyond them, and the more they say, the more they hav to take back.

I hav absolute confidence in the B-D-C work and also in myself as far as I can go, and I go only as far as I understand. As my work is mostly that of a consulting surgeon and operator, I hav an opportunity to kno whether the B-D-C diagnosis be correct or not. I hav had the opportunity to look into the body and see enuf times to make me feel that the Chromatic Screens ar absolutely reliabl.

The Chromatic Screens make my diagnoses more correct becaus they enabl me to get at conditions that I cannot possibly find by any other method, and conditions which wer possibly not even suspected in the case ar brot to light. This greatly simplifies my work.

I want all the information that I can get, and am spending much time in perfecting my tecnic and overcumming some of the littl apparent complications. Yu may kno that I believ what I say when I enclose herewith check for seventy-three additional Crescent Series Chromatic Screens.

I anticipate the plesure of taking a private course with yu soon.

Fraternally yours,

————————, M.D.

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The folloing ar extracts from papers red and discussions given at the meeting of the CENTRAL SOCIETY OF PHYSICAL THERAPEUTISTS *held at Atlantic Hotel, Chicago, Ill., September 30-October 2, 1918, as reported in their Proceedings.*

Extracts from Paper by J. Faltermayer, M.D., Chicago

Shortly after becumming acquainted with Dr. White's method of diagnosis with radiant colors and energy, I began to realize the difficulty confronting me in convincing skeptical patients and others as to the reliability of this method and the correctness of my findings. Markt antagonism and suspicion loomd up on many occasions, especially when a differential diagnosis of sifilis and auto-intoxication decided that the patient was afflicted with some form of latent lues.

Those who had acquired this diseas during lifetime, presenting a history to this effect and having recievd anti-luetic treatment, wer more redily convinst that the diagnosis was justified.

Any acute observer wil most willingly agree with me on the folloing opinion, namely:

Nothing is more easily misinterpreted than the trecherous underflo of vague simptoms presented by that demon, *sifilis*, lurking in disguise and simulating wel-known as wel as rare diseases of the blood, nervs, skin, bones, glands, digestiv organs, etc., and the organs of special senses.

None of these indefinit cases can escape detection by the Bio-Dynamo-Chromatic method of diagnosis after a thoro and energetic course of treatment for auto-intoxication has left the "radiant-colors and energy-findings" unchanged.

But even to hint to some of these patients the caracter of our findings, in order to justify the demand for a prolongd course of treatments for "blood diseas," wil bring forth a storm of resentment and ridicule. For this clas of patients "seeing is believing," and since but a small percentage of skeptics could be convinst of the merits and simplicity of this diagnostic method, I began to investigate other diagnostic tests for simultaneus control aplication.

The Wassermann test and its modifications could not cum into consideration in these cronic forms of tertiary, hereditary, or latent lues.

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Fortunately, I became acquainted with the Intradermic or skin test, also named the Luetin test.

As far back as 1911, and during these intervening years, varius investigators hav contributed articls to medical journals describing this test, but it never seems to have becum popular, since not even mention is made of it in a gorgeous work like Seqous' Analytic Cyclopedia of Practical Medicine.

Thanks to the courtesy of Parke, Davis & Co., I obtaind from their biological laboratory some explanatory data on this test brot before the medical profession by Dr. H. Noguchi, and which I shal cite here in the original form. . . .

(Anyone interested in this may write to W. W. Bailey, M.D., Davenport, Ia., Secretary of the Central Society of Physical Therapeutists for a copy of their Proceedings.)

For the past two years I hav let this Luetin test procede side by side with the Bio-Dynamo-Chromatic test in sixty-six selected cases, including suspected tertiary, hereditary and latent sifilis, as wel as a certain number of cases of simpl auto-intoxication, hoping that at some time one test-method would expose the other as fallibl in showing either a fictitious positiv or negativ reaction. The results so far obtaind hav been exceedingly gratifying and productiv of justified conclusions.

Whenever, upon repeated examination, and after energetic treatment for auto-intoxication, a patient persistently gave a *C*-MM VR, I would without a singl exception, find a positiv Luetin reaction of some kind.

On the other hand, if, after successful treatment for auto-intoxication, a patient presented a *Normal*-MM VR, he also showd, without a singl exception, a negativ Luetin reaction.

The larger percentage of the positiv reactions, as shown in my case records, prove to be the late pustular or torpid forms, which finding differs somewhat with that of erlier investigators and might be explaind by reasoning as follows:

1. On account of too short a period of observations some of these late positiv reactions would escape notis, this claim being justified by the fact that in some cases a severe pustular reaction would occur as late as the third, fourth and fifth week.

2. And this is possibly the most plausibl explanation—benigh sifilis, modified and attenuated by the diluting effects of inheritance thru one or more generations, is very easily

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over-lookt as such, unless one's attention be calld to it by such an *extremely sentitiv and superior diagnostic test as we possess in the Bio-Dynamo-Chromatic method of diagnosis.*

(Then follo many cases to sho that the B-D-C findings wer proved to be true, no matter how much disputed.)

As to the conclusions drawn from my observations, I would therefore submit the folloing summary:

1. The Luetin test, while not essential in the hands of the diagnostician acquainted with the principls and aplication of the Bio-Dynamo-Chromatic method, becums a valuabl diagnostic wepon when we ar confronted by skeptics and doutful victims of latent lues.

2. The Bio-Dynamo-Chromatic method of diagnosis in latent lues and auto-intoxication furnishes an *unfailing differentiation* in cases which a Luetin reaction might be interpreted as either a mild positiv, or a severe normal, reaction.

. . .

In discussing this paper, D. V. Ireland, M.D., of Columbus, Ohio, said: "Now, the Wassermann test, I kno from my daily observations, doesn't amount to the time it takes to make it. There is absolutely nothing to it. I hav seen enuf of it so that I *kno* it is time and energy thrown away to use it."

L. E. Bunte, M.D., of St. Louis, Mo., in discussing the paper said: "It is certainly a privilege to listen to a classical paper of this kind. It is excellent, and the results he has gotten with the methods employd, is to me one of the most positiv tests I want. I think we ar getting down to the bottom of some facts when we ar beginning to lern some of these new, better, and positiv methods of diagnosis. *I consider this B-D-C method of diagnosis as positiv."*

W. W. Bailey, M.D., of Davenport, Iowa, said: "In all the blood tests and in all the Wassermann tests I hav had made, I hav never yet had what I thot a reliabl finding. Some peopl tel me they hav had reliabl Wassermanns made upon them, but I hav never found it so in my cases. I was at the pathological laboratory in our town and askt them when they would make the next test. The pathologist said, 'If the wether and the faze of the moon ar proper, we wil make our test on such a day. We hav been unfortunate in our tests lately.' *I hav no faith in the Wassermann test.*

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The Bio-Dynamo-Chromatic method I rely on altogether, regardless of whether the Wassermann indicates positiv or negativ. In making my B-D-C tests, I use the *C*-screen only as a check. I hav quite a number of Dr. White's Chromatic Screens. For sifilis I use No. 10 screen. For auto-intoxication I hav a No. 2 screen. The *C*-screen diagnoses sifilis, auto-intoxication, and malaria. The *E*-screen differentiates malaria.

In closing the discussion, Dr. Faltermayer said:

"I mainly tried to convey the idea in my paper that we must be careful to differentiate between sifilis and auto-intoxication. *There is never a case of sifilis without auto-intoxication,* but there ar many cases of auto-intoxication without sifilis.

Those cases that I selected, on sixty-six of which I made the Luetin test, wer all very carefully prepared with anti-auto-intoxication treatment, so that a Luetin if it wer positiv had a perfect right to be positiv. The B-D-C method was a valuabl check up. *Personally I never mistrust the B-D-C method,* but I want to convince others that if the B-D-C method said it was sifilis the Luetin test would also say so.

If I had my choice to use either one or the other, I would prefer the B-D-C method, after giving the patient thoro treatment for auto-intoxication. Test again and again, and if the reflex remains the same, yu can rest assured that it is specific."

Extract from Paper by William H. FitzGerald, M.D., Hartford, Conn.

If a man like Cabot admits that his diagnoses in the past twenty-five years hav been only about 50% correct, what must hav been the average of the physician who is not an authority in diagnosis? The "hitting average" of all medical diagnosticians wil improve by leaps and bounds when they adopt the Bio-Dynamo-Chromatic method of Dr. George Starr White of Los Angeles, California.

A method that wil positivly diagnose cancer, tuberculosis, sifilis, and innumerabl other diseases from the day of their inception, and do it in a minit or two as the White B-D-C method assuredly does, is worthy of, and should reciev, the most ardent commendation of the medical profession.

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T. Howard Plank, M.D., of Chicago, in discussing the Bio-Dynamo-Chromatic sistem said: "I would say the Bio-Dynamo-Chromatic method of diagnosis is absolutely positiv in every case, even tho we may not be abl to demonstrate it. That is a big statement to make, becaus there is a large human equation that cums in. The more I use it the more I like it. When I get a new case, I test it out with the Chromatic Screens first. I used the method for a year on *known* cases only. Then I used it on the unknown cases. Even now I check up my B-D-C diagnosis with recognized laboratory methods when possibl. I hav patients who cum to the offis who wil not permit me to cut out a piece, so I cannot use the laboratory methods. The Bio-Dynamo-Chromatic test, however, tels me the troubl. Therefore to me *it is one of the positiv methods.*

Dr. W. W. Bailey of Davenport, Iowa, in further discussion said: "I am very enthusiastic over the B-D-C method of diagnosis. Three years ago when I took the course from Dr. White I brot a yung man to Chicago. Dr. White diagnosed the condition as sifilis. After I began using the work on him I tested him out with the chromatic screens and he always gave the *C*-MM VR.

After ten or twelv weeks of intensiv antisifilitic treatment this yung man gave a *Normal*-MM VR, the test being taken every week for three weeks in succession.

(Dr. Bailey gave reports of several cases which by operation or autopsy had proved the B-D-C diagnosis to be correct.)

In conclusion he said, "I feel very enthusiastic about the Bio-Dynamo-Chromatic method of diagnosis. I am quite certain yu can depend upon it every time.

Dr. L. E. Bunte, St. Louis, Mo., in further discussion said: "I took Dr. White's course last year and installd the B-D-C apparatus immediately and went to work.

When one can diagnose a case of tuberculosis (as I hav done by the B-D-C sistem), and by folloing the outlined treatment which Dr. White has given, can get a *Normal*-MM VR in the same room after ten weeks' treatment, I certainly think there is something to it. Personally I am willing to laud this

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sistem. *Hail to the man who has given this sistem to the profession.*

We as physicians lack backbone to stand up and tel the man that he has something good until he is ded, or we criticize it and cut it to pieces becaus we do not kno anything about it, or neglect and refuse to study it in detail and follo out the tecnic outlined.

If a man says he has faild, I want to tel him that hundreds and thousands of others hav made good. *We ar just as apt to be right if we say that one man made a mistake in his tecnic as to critize the sistem.*

I hope before Dr. White dies that the Bio-Dynamo-Chromatic method of diagnosis wil spred and be known to every physician in America, England and France, and the other cuntries that may wish to take it up.

N-90

Dear Doctor White:

I have now been using your Bio-Dynamo-Chromatic method of Diagnosis for five years, and the longer I use it, the more I prais it.

N-91

My dear Doctor White:

With those who hav made a careful use of your Bio-Dynamo-Chromatic work, there is no question whatsoever as to the results they ar obtaining.

Speaking for myself, after five years constant working with the sistem, I am redy to say that I cannot possibly get along without it.

N-92

Dear Doctor:

I hav studied your book on Prostatic Diseas and am very enthusiastic over same. The book is worth more than its weight in gold and has been a great help to me. Yu certainly deserv much credit for getting out such a good work that wil be of inestimabl help to humanity.

N-93

Dear Doctor:

I hav red the Seventh Edition of your Lecture Course to

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Physicians, and it has given me great pleasure. I hav made it my textbook on therapeutics.

N-94
Dear Frend White:

I call yu frend becaus of your great book, "A Lecture Course to Physicians, Seventh Edition." This book is my daily companion and I must say that that book is worth more to me than all the rest of my medical library.

I believ your gospel to the letter.

Magazine Section, Helth Department,
Los Angeles Times, Dec. 15, 1918.

Lectures to Physicians

George Starr White, M. D., member of a dozen medical and sientific societies in America and England, now a resident of Los Angeles, is one of the increasing number of independent medical thinkers who refuse to bow their nees to the arbitrary dictates of the American Medical Association. Consequently he has been persecuted by that body. He is, however, a fighter and has made his way, acquiring fame and simpathy among physicians who hav benefited by his teachings.

Dr. White has just issued the seventh edition, revized, of his "Lecture Course to Physicians on Natural Methods in Diagnosis and Treatment." It is a hevy volume of 1422 pages with 450 illustrations, and cost so much to publish that no publisher would tackl it. Therefore, Dr. White himself finanst and publisht the book.

Like other physicians who hav dared to think for themselvs Dr. White does not believ in the "germ" theory of diseas.

In regard to diet, Dr. White is unusually sane.

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COLORD LIGHTS—A MEANS OF DIAGNOSIS AND CURE*

By Edwin F. Bowers, M. D.

If every fire could be discoverd and properly treated just when it was developing the first faint flickerings of yung life, nothing except a powder mil or a paint shop would ever burn down. And, likewize, if doctors only knew what was the matter before whatever is the matter gets too great a start to cure or cut out, few would ever die, except from "old age," accident, or from diseases for which we hav as yet found no remedy.

We hav not yet any generally known and reliabl method of diagnosing tuberculosis except by finding tubercl bacilli in the sputum. And when the diseas has progrest thus far, in a tragic number of instances our discovery has cum too late. So, the grim fact remains that tuberculosis is stil responsibl for the deth of one of every seven "civilized" human beings, while cancer, that equally implacabl foe of mankind, is Minotaur to one of every eight women and one of every fifteen men living under conditions of "civilization."

When, therefore, even with the most perfect training and the most elaborate equipment, and with the assistance of some of the ablest specialists in laboratory and reserch work in America, so eminent a physician as Dr. Richard Cabot, of Boston, admits that he is right in his diagnosis only fifty per cent. of the time, intimating that patients of doctors of lesser capacity must be even worse off than ar his patients, it is clear to even the most casual that any improvement over this hit or mis "we-don't-kno-yet" method must be welcum.

If there wer developt a means of diagnosis so definit as to be practically infallibl, as accurate as mathematics, as uniform as a chemical reaction, and so simpl that any doctor of even ordinary good training could aply it, the significance of the discovery could hardly be computed in terms of lives and mony.

The long-drawn suffering, the years of dependent incapacity, the los of bred winners, could be almost wholly prevented — if only this knoledge wer universalized. The conservation of life and helth, the vast increas in happiness

*Reprint from Physical Culture Magazine of February, 1918.

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and wel-being would place this discovery on a par with the discovery of anesthesia or of antiseptics in point of importance, and we could practically stamp out tuberculosis and cancer in two generations.

This has been a medical vizion, a vague Utopian dream, ever since medicin divorst Empiricism and marrid Sience. And now the vizion has becum a reality, the dream has becum an actuality. For an American sientist, George Starr White, M.D., F.S.Sc., Lond., of Los Angeles, Calif., has discoverd a natural principl so simpl as almost to be absurd, and yet so fraut with meaning that it spels life itself for millions.

He merely found out why a sick carrier pigeon could not find its way home. Then he aplied the principl there discoverd to determin why humans and animals that sufferd from diseas could not find their way back to helth. The anser was the same in both cases. It was becaus of their inability to respond to the magnetism that flows along the erth's magnetic meridians. And this inability to respond to the magnetic attraction of the meridians is becaus some diseas in the sistem prevents the response to this magnetic flo.

Let us now digress for a moment, and bild a platform broad enuf to stand on while we look this big fact in the eye.

The greatest living sientists ar now agreed that all that differentiates any one thing from any other thing in Nature is the difference in its rate of vibration. Color, light, sound, radio-activ energy, or electricity ar merely expressions of certain rates and modes of motion — a certain rate and mode of vibration. Theoretically, we could change cheese into chalk and mud into gold and diseas into helth if only we could transmute the absolute rate and mode of vibration of the other.

It wil be rememberd that only a few years ago this was actually accomplisht in the case of a certain germ — the anthrax bacillus. These germs, after exposure for a time to ultra-violet rays, wer changed into an entirely different species of germ, as was proved by the fact that when injected into animals they no longer developt anthrax in that animal. They developt, on the contrary, an entirely different diseas.

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Which proved that their caracteristics wer replaced by other caracteristics, equally wel defined.

Another fat plank for our platform revolvs around the fact that if we briskly rub a cat's fur, commencing at the tail, and proceding expeditiously towards its ears, we wil, under favorabl atmosferic conditions, develop a perceptibl amount of electricity in our feline battery.

Again if we run into an open door or into a misplaced chair (and all chairs we run into ar misplaced) instinctivly we pres and rub the hurt spot with a solicitus palm, thereby relieving the acute pain thru the soothing effects of animal magnetism.

Some fenomenally helthy individuals hav such an amount of this magnetism that they make a living selling their excess to those who haven't so much. They call themselvs "magnetic healers," and they probably do much more good than harm in the world. And they might do even more good if they would confine themselvs to only those conditions which cum correctly within the mild province of their curativ powers.

However, if any one — even the most viril and vigorus "magnetizer" — is attacht by a wire, chain, or other "conductor" to some gas or water pipe — in other words, if he is properly "grounded" — we can lead the electricity out of his body and remove his "static tension." This is plank number three.

Plank number four brings us in view of the aforementiond sick carrier pigeon that couldn't find her way home.

This faculty which she lost — this power of orientation — is a peculiar gift. It enabls migratory birds to steer a north or south course almost as tho they had a compass in their brain. To a lesser degree it affords a sense of direction to dogs, cats, many wild animals and savages, and some blind peopl.

How they do this has, for many centuries, been a disputed question. But sience is now accepting the explanation advanst by Dr. White more than thirty-five years ago. He insisted that the magnetically charged bodies respond, like the needl of a compass, to the influence of the magnetic poles of the erth. The flood of magnetism running from south to north, over and thru the erth, affects their magnetically charged organisms, and tels them the direction as

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plainly as the current of a stream would tel us the direction of the river flo, and also our way home, if we knew the river and the topografy of the cuntry.

So birds migrating in many instances, thousands of miles every spring and fall, find their way, gided by the definit energy of the magnetic meridian streaming thru their bodies. They require not even the sense of sight. Indeed, many species fly exclusivly by night, resting and feeding during the day time.

This brings us to a "close up" of the sick pigeon who had lost her power of orientation — in other words, that had, for some reason, lost her power to respond to the magnetic currents flowing from south to north over the erth and back thru the erth to the south again.

The owner willingly gave the sick flyer to the eager enthusiast, and within ten minits Dr. White was exploring the body of the littl bird for the mistery lockt in its tissues. He found that it was affected with avian tuberculosis.

One swallow never made a summer, nor did one carrier pigeon ever make a theory. But during the next twenty years Dr. White studied every migratory bird he could get his hands on that couldn't find its way home, and, in every instance, he found that there was some pathological process somewhere in that bird's body.

Restless, and striving ever for increas in knoledge and improvement in tecnic, Dr. White next turnd his attention to our crude methods of diagnosing. After years of experiment he developt an extremely delicate and highly original method of eliciting and differentiating percussion sounds.

Yu wil remember that the last time the family physician examind yu he "lookt at your lungs" most thoroly. He moved his left hand over your chest and tapt smartly with his right-hand finger tips on the firmly-prest second finger of his left hand. For a diagnosis of the condition of the lungs this method — inasmuch as yu wer beautifully proportiond, and bilt somewhat on the general lines of Andromeda or Theseus — workt admirably. But had yu been bilt on somewhat more generus lines — with the tissues coverd deep with fat — it would have been much more difficult to state accurately just what and where the trubl was.

If it wer a matter of minutely outlining the hart, or some

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one or more of the abdominal organs, the percussion diagnosis would be most likely helpt by a liberal amount of geswork. It simply can't be done — that's all.

And so Dr. White improvd on this antique method. Insted of vibrating bone over tissue he vibrates a colum of air over the surface. Thus: Insted of pressing the second finger of the left hand solidly over the region to be percust, he tuches gently the widespred first and third fingers to the body, raises the second finger free, and taps it smartly with the index finger of his right hand, of which he has made a littl hammer. This hammer is composed of a celluloid thimbl into which a mixture of beeswax and the finest bird-seed shot hav been molded. This thimbl fits on the index finger.

There is no tension — nothing to change the caracter of the sound in this "air-colum" method of examination, and the variation in the quality of sounds is almost marvelus. To the traind ear of one accustomd to this work, abnormal conditions clear in the back of the body can be detected by percussing the front.

All this led to the crucial discovery — a discovery which if made by one of the professors in the European scools would hav, by this time, been adopted and taut in every medical scool in the world, and one, I venture to say, that wil be used by thousands of physicians in every part of the world hundreds of years after Dr. White is only a memory.

It is merely that there is a definit variation in tone in the same individual, when percussing him — especially over the abdomen — by the air-colum method, when he has been facing east or west, and is then turnd to face north or south.

Understand, this change in pitch is not causd by any increas in air space, which would follo moving the finger nearer or farther from the body. It is dependent solely upon the alterd relation of the patient as regards the points of the compass, and is due to the fact that the magnetic meridian has alterd the tension of the entire body, especially that notist in the internal organs.

That this important fact may be better understood, it should be rememberd that the functions of the body ar controld by the nervus sistem. The simpathetic and vagus nervs ar the conductors of the energy that governs the internal organs, and when the tension of the blood vessels supplying

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these organs is changed, percussion over these organs demonstrates a corresponding change in their "vagal tone"— tension.

In the majority of helthy individuals, there wil also be a temporary increas of from four to eight beats a minit in the pulse rate when the static electricity has been removed by "grounding," and they ar turnd to the north or south after having been facing east or west.

Physician readers wil better apreciate the sientific accuracy and "absoluteness" of these changes when it is emfasized that these reflexes can be registerd by the plethysmograf, the cardiokymograf, the sycofanometer, the sfygmomanometer, the sycofanograf, the organotonometer, and many other instruments which cannot possibly be hypnotized or otherwize persuaded to render a biast report.

However, only helthy individuals hav this clearly defined change in vagal tone — this "simpathetic-vagal reflex," as Dr. White calls it. But when those suffering from diseas, no matter how faintly defined, ar faced to the east and then ar turnd to face the north, the tension in their blood vessels remains unalterd. Some toxic process within their bodies interferes with or "inhibits" their response to the influence of the magnetic meridian.

To determin what causes this, Dr. White tried every concievabl method of bringing back this reflex — even temporarily. He finally found that if the bared chest and abdomen of those who did not sho the normal magnetic reflex — in other words, who wer il — wer exposed for a minit or two to colord lights, the reflex could be temporarily restored.

He first demonstrated that tuberculus patients of either sex, and in all stages of the diseas, if exposed to the "vibration" of the fotografic "dark-room ruby," would sho the same variation in blood-vessel tensions as all helthy individuals showd without the ruby light.

Yet he was puzld when patients who complaind only of nervusness, fatigue, or los of appetite, and who did not respond normally, gave the reflex when subjected to the ruby light. But the problem was solvd when these same patients — six months or a year later — showd unmistakabl evidence of tuberculosis.

After thousands of experiments, Dr. White establisht conclusivly that tuberculus patients, even tho they did not

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exhibit the slightest trace of the diseas — so far as could be demonstrated by the most skild diagnosis — responded, like a needl to the pole, to the stimulus of these littl ruby lights.

Scores of patients whom Dr. White pronounst tuberculus ar ded or incurably diseasd, becaus they and their family physicians ridiculed the verdict of the ruby light.

The light never lies. It is never in error. It is as inflexibl as is gravitation. Time and again physicians hav brot patients to Dr. White or to some of his hundreds of physician pupils in varius parts of the cuntry. These patients wer hevily veild — or even maskt — and without a stethoscope, without a question concerning simptoms, or without ever hearing even the sound of the patient's voice, the littl lamp and the teltale change of tension hav unmistakably indicated the diagnosis.

There is only one other diseas that responds to this ruby light, and that is cancer. Yet cancer also responds to a "burnt orange" or "amber" light, to which tuberculosis givs no reflex. No matter in what stage the diseas may be, or how obscure or deep seated, cancer givs this response to "amber" light — the speed velocity of which is about 175,000 miles a second, as against the 180,000 of the dark-room ruby.

Thus began the marvelus sistem of diagnosis to which the soft littl body of the carrier pigeon pointed the path thirty-five years ago.

Continuing his work with radiant colors, Dr. White found that patients suffering from constitutional blood diseas — no matter how mildly tainted, or of how long duration the condition, and irrespectiv of the Wassermann findings (*which ar almost as frequently rong as right*) — gave the reflex when exposed to the blue light — the speed of which is aproximately 160,000 miles a second — and to no other color.

There is no chance for error. Geswork is entirely eliminated. If they hav sifilis they giv this reflex to the blue light. If they do not respond — no matter how many eminent specialists may say they ar affected — they ar free from this particular diseas.

The same is true of specific urethritis, the so-cald "black plague." If a patient givs a reaction to the rays of the purpl lamp, he is gonorreic — even tho it may hav been forty-two

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years since he was infected (as was the case with a Chicago physician in one of Dr. White's classes).

With similar exactness malaria discloses itself to a certain combination of blue-green light, influenza or "the grip" to a red-green combination, kidny intoxications to a certain violet, liver diseas and jaundis to pure green, tyfoid to blue-green and amber, and alcoholic conditions to deep prune. And gradually more and more of the toxemias ar cumming into exact classification as regards their response to vari-colord lights. It is merely a problem in vibration — each diseas apparently producing a definit molecular rapport with rays of light traveling at a certain speed. And it would seem that every condition that so modifies the emanations from the body as to nullify the effect of the energy of the magnetic meridian upon it has a definit color vibration for diagnosing it.

The colors must be absolutely "on the pitch," however — they must be accurately tuned to a certain vibration. Else they wil fail to elicit the reflex, particularly in incipient conditions, or in diseases which ar not clearly defined. But Dr. White's methods of insuring this accuracy ar too tecnical for our present consideration.

This "absoluteness" of vibration, however, explains why Dr. White and his pupils must work in subdued light, and also why spectators ar obliged to stand back four or five feet from the subject. Energy is energy; whether it be strong sunlight, moonlight, electric light, or the syco-magnetic radiations from the human body. And inasmuch as the energy from the magnetic meridian is being used for the diagnosis, any other energy would hav an effect upon the results secured.

In order better to comprehend the value of "Bio-Dynamo-Chromatic Diagnosis," as Dr. White has cristend his brain pet (from bios, life; dynamis, force; and chroma, color); and the better to understand what it means to a patient to kno whether or not she has a condition requiring a surgical operation, a recently reported experience is rather illuminating.

Three women, all of whom had brest conditions which had been pronounst cancerus, wer brot to Dr. White for diagnosis. They had been informd that immediate removal of the brests and of the glands as far as the armpit was the

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only mesure that would keep them alive for more than two or three years.

When they wer placed on the turn-tabl and turnd north after first having been tested facing the east, two of them gave an absolutely normal reflex. They showd the normal change in the tension of their blood vessels and internal organs, which, if cancer wer even beginning to develop, they would not giv. Wer they cancerus it would hav been necessary to expose their bared chest and abdomen to the burnt orange or amber light before the reflex could be elicited.

On the strength of this normal response Dr. White pronounst these two ladies free from cancer, claiming that the lumps in their brests wer merely enlarged glands, or else wer due to muscular contractions. These patients ar today, after a lapse of many years, two absolutely helthy and satisfactorily unmutilated ladies.

The third patient had no change in blood-vessel tension when she was faced north, after having been tested facing east. But when the amber light was focust on her for a minit or more the reflex came back with a rush; proving indubitably that she was cancerus.

She was completely cured, however, after several months' treatment, by a unique and most effectiv method which wil be described presently.

The importance of this work cannot be overestimated. It absolutely eliminates "snap diagnosis." It does away with the necessity for an "exploratory operation" (for cancer, tuberculosis, sifilis and other toxemias, at any rate) and it establishes, by a method that, when correctly employd, is infallibl, whether one has or has not any of these disorders, and if so, which one, and also how badly he has it. It can redily be understood how vital and life-saving this beautifully accurate means of diagnosing such an obscure condition, for instance, as cancer of the stomac, or some other internal organ, wil becum — when Bio-Dynamo-Chromatic Diagnosis is generally known and practist.

This brings us to the most interesting part of our story. For the colord light that restores the abnormal reflex does much more than merely to point the caracter of the trubl. The same light that tels us the caus of the patient's sickness, if used intermittently for twenty minits or more daily, in

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conjunction, of course, with hygienic and other indicated measures, wil, of the diseas is not too far advanst, almost invariably effect a cure.

Hundreds of cases of tuberculosis, pronounst incurabl by any other means, hav been arrested and brot safely back to the broad highway of helth by these means. Such a cure was effected in one who might almost be calld a member of my own family.

A littl girl, now nineteen, who came to us as a baby with her mother, and made our home her home for more than twelv years, moved West a few years ago, and there developt pulmonary trubl. The diseas made rapid inroads, in spite of the best availabl medical care. But, fortunately for her, I met Dr. White three years ago this spring, and immediately upon his return to Los Angeles, put littl Jean under his care.

Within two months she had gaind thirty pounds and had increast almost forty per cent. in red blood cels. The sputum cleard up, as did also the cof. To-day she is absolutely wel and helthy. She owes her recovery to intermittent ruby light, oxigen vapor, and powerful radiant light.

While it is easy to diagnose incipient tuberculosis, it is equally easy to say that cases which hav all the earmarks of tuberculosis ar in reality something else.

Recently there was brot to Dr. White a boy who was "face markt" by T. B. He had been pronounst tuberculus by some of the most eminent medical men in the West. The littl chap was so anemic and so weak that almost any physician would hav been justified in pronouncing him a consumptiv. His condition had cum on suddenly folloing an acute attack of grip. He was trubld with an aggravating cof, shortness of breth and lack of appetite.

But he gave a "grip"-simpathetic-vagal reflex. And within two months, under "big light," intermittent "grip" colord light and oxigen-vapor inhalations ("condenst out-of-doors treatment"), he was absolutely wel. Had he been treated "expectantly" he might not hav recoverd, as these ar the cases which so often becum tuberculus.

For remember that the light that elicits the reflex — that tels what the diseas is — if used faithfully and correctly for a period of time, tends to cure the disorder that causd the abnormal condition. This is the hope held out to those suffer-

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ing from tuberculosis, cancer, or the cronic toxemias, which, under our present methods, ar most generally incurabl.

There is nothing transcendental or metafisical about Dr. White's work. It requires no long esoteric novitiate. Any intelligent, wel-traind physician, after a littl experience and practis, can get identically the same results that Dr. White secures. This has been repeatedly demonstrated. For, time and again, his pupils, securing certain reflexes, and desirus of "checking up" their tecnic, would refer the patients to Dr. White — saying nothing concerning their diagnosis. Yet invariably the findings would coincide.

Dr. White has diagnosed thousands of the most obscure cases the doctors of America could "dig up" for him, and has never made a mistake in an uncomplicated condition. And what Dr. White can do any physician who wil study and practis the method, can do equally wel.

That no other sientist has ever discoverd the effect of the magnetic meridian on the human body is probably explaind by the fact that, until Dr. White told us, no one knew that daylight, bright light, or other forms of energy, maskt the effects of this M.M. energy. But now this particular eg has been stood on end. And becaus of this I believ that the adoption and general use of this method of diagnosis and treatment wil save in twenty years more lives than the World War is now destroying. I also believ that, after the war, we shal hav the doctors and the "docents" and the "hoch professors" of Europe cumming to America to lern how to diagnose and treat diseas. The seemingly absurd and preposterus colord lights wil be the "big medicin" that wil work these epoc-making wonders.

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CLINICAL CASES*

The following clinical cases ar given to enabl my readers to kno just how I handl the clas of cases outlined. I cannot possibly cite every kind of diseas that I treat as it would make this book too voluminus.

I treat every known cronic diseas, using only the methods fully described and illustrated in the *Seventeenth Edition* of my book entitld, *"The Natural Way or My Work."* That book contains a great number of original pen-and-ink drawings illustrating in detail every step mentiond in these clinical cases.

To hav all these clinical cases and the working text in one book would make the book too large to handl. Therefore they had to be put into this book.

The *Seventeenth Edition of The Natural Way or My Work* is ritten in such language that no one needs a medical education to understand it. It is my aim to rite them in such language that the laity can understand them just as wel as a physician.

The old idea that *humanity helpers* can be only physicians and that they can be only those who hav gon thru a certain prescribed course of study as outlined by a certain body of autocrats is rapidly declining. Some of the best physicians I hav ever met never went to a medical college, but lernd their work by aiding suffering humanity. I do not decry a medical education, but no education can make a person a true physician. *It must be innate.* The highest type of physician that history givs us was the "Son of Man," and there is no record that he ever went to a medical college or was given a degree to aid humanity.

The plan outlined by the medical autocrats is to make the practis of medicin a closed-shop affair, and to allow

*When "the text" is referd to in these clinical cases, it means the *Seventeenth Edition of The Natural Way or My Work,* in which book is explaind and illustrated every detail of treatment mentiond in these clinical cases.

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no one to practis the healing art unless they hav gon thru a certain prescribed course of preliminary study that has no more to do with aiding humanity than the study of navigation has to do with the feeding of chickens.

These medical autocrats ar not prescribing this course for the good of humanity, but for their own selfish gains and to compel the public to eat out of their hands whether they wish to or not. However, the day is rapidly aproaching when the peopl wil hav the say as to whether they ar going to be compeld by any legislativ board to employ such and such a type of doctor.

The practis of medicin should be as free and untrameld as the practis of religion. In other words, medical freedom should be establisht on the same basis as religious freedom.

It was only a few years ago that men in Court array dictated to the peopl as to what church they should attend and just what their belief should be. That speld the downfall of religious autocracy—a sistem that was as devilish as anything in Dante's Inferno.

When any set of humans begins to invoke the law to bring about certain selfish ends, it means that their power is on the wane. This same sign must be cheering to the liberty-loving peopl of America, becaus as I am riting this book there ar in Washington, D. C., numerus bils to be past upon, having for their aim the medical enslaving of the American peopl. Political doctors ar endevoring to pas laws prohibiting the peopl from employing any clas of medication except that which they prescribe. This is the beginning of the end of medical autocracy becaus the peopl wil soon waken to the fact that these political doctors ar slimy with the blood of their victims.

In some of the folloing clinical cases I hav tried to outline in detail every step taken in the given case, but to do this with every case would make the reports too lengthy. Therefore I wil say in short that in every case

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I hav employd the method of dietetics outlined in the *Seventeenth Edition* of *The Natural Way*.

I should like to repeat that method in this book, but it would make the book too large. Therefore I must refer my readers to that book for an explanation of the method of feeding that I prescribe.

I want my readers to understand that there is no natural method of curing any diseas without first regulating the diet. To treat the outside of the body and ignore the inside of the body is the height of folly. It is a deplorabl state of affairs that so few physicians kno nothing about dietetics. It is stil more deplorabl that the institutions for teaching the practis of medicin pay so littl attention to the most important rôle in the curing of any diseas, namely, *Dietetics*.

No farmer can be a successful farmer unless he kno how to feed the soil and in turn he must lern how to feed his stock. That is why agricultural colleges take up so much time in teaching how to feed animals.

Of equal importance to the diet in treating any diseas is to *obliterate fear* from the patient. If fear be present, no matter what food they may take, it wil becum a poison to the sistem. No matter what form of treatment is employd, if fear be present and is not eradicated, the treatment is futil. So I might say that every case that cums to a physician must first hav fear obliterated, then select such natural means as ar aplicabl to the case for aiding Nature in bringing the body back to normal, or in other words, establishing a *normal rate and mode of vibration* thruout the body.

The Modalities that I hav found to be the best (after selecting, experimenting and originating methods of treatment for the past 38 years) ar radiant light, heat, color, vibration including massage, spinal manipulation, oxigen inhalation, and the natural forces such as gravitation, magnetism, etc.

Many clinical cases other than those here appended ar

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outlined in the *Seventeenth Edition* of *The Natural Way or My Work.*

Case LXXV

Girl 18 years of age was brot to me for consultation regarding *"pimpls"* on the face, sholders and chest. These pimpls wer of two varieties—simpl acne and acne indurata or deep-seated acne. She had sufferd much at the hands of many physicians and her skin was quite badly mutilated. She had been afflicted with this trubl for four years.

I first regulated the diet, cutting out all meat, sugar, bred, potato, tea, coffee, chocolate, cocoa, salt and all condiments, and put her on the very plainest diet of raw food, including fruits, vegetabls and nuts.

I also cut out all milk and egs and everything made from them.

I used the actinic rays from the quartz mercury-vapor lamp in combination with the radiations from the 1500-watt incandescent lamp.

Within three months every pimpl had disappeard and at the end of another three months I was abl to obliterate nearly all of the scars.

In the meantime her *dismenorrea* was completely relievd.

Case LXXVI

Girl 16 years of age. Had sufferd with *dismenorrea* for three years. Her general nervus sistem was in very bad condition becaus of these painful periods.

Upon examination I found the vagina and rectum very much contracted. I dilated both, not by any harsh means, but so gradually that no injury was done to the tissues.

I regulated the diet and treated her by means of powerful radiant light, vibration and spinal adjustment or manipulation.

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The second period, after treatment began, was without any pain, and for five years she has had no pain during her menstrual periods.

Case LXXVII

Girl 19 years of age. Had sufferd with *amenorrea* for three years. I regulated her diet so as to overcum the anemia that went with her condition, and at the same time kept her bowels wel opend by dietetic mesures. Outlined exercizes for developing the abdominal musls and viscera.

I used powerful radiant light over the body every day and had her use hot-epsom-salt-sitz baths every nite for one month.

I used intermittent traction for overcumming the tension in the spine and laid special stres upon the stimulation of the area about the 2d lumbar vertebra.

Within two months from the time the patient came to me she began to menstruate and has menstruated regularly for the past four years.

Case LXXVIII

Singl lady 38 years of age. Sent to me for diagnosis becaus of peculiar pressure in the throat. Upon examination I found an *aneurism*. I regulated the diet, cutting out all fluids that wer not absolutely necessary for digestiv purposes. Gave her electric light baths twice a week and radiations from the powerful incandescent lamps combined with the quartz light six times a week.

In addition to this I used the magnetic-wave current for ten minits daily.

I used the pulsoidal current, or some other method of stimulation over the 6th and 7th cervical vertebrae, six times a week. Within six months there wer no simptoms of aneurism that could be found.

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Case LXXIX

(The folloing case of appendicitis is so tipical of those that I see so often that I wil cite it as an exampl of how I handl all such cases.)

Single lady 38 years of age was brot to me suffering with terribl pain in the cecal region. Upon examination I found she was very sensitiv to pressure and was suffering from great fright. I immediately dispeld her fears, gave her a good dose of paraffin oil, and put her under the radiation of three 1500-watt incandescent lamps. The radiations from one of these lamps was directed over the region of the appendix.

Within half an hour all pain in this region had past away and the patient said she felt perfectly relaxt.

I then let her go home, advizing her to eat nothing but six ounces of orange juice five times a day for the next week.

She reported for treatment the folloing morning and on five consecutiv mornings, after which time she was to all appearances cured.

I did not think she needed any more treatments, but outlined a diet including enuf raw vegetabls to keep her bowels loose, and told her to eat no meat, salt, sugar, white bred, and not more than one small baked potato a day, and to drink no tea, coffee, chocolate or cocoa.

For the past five years this lady has not had a return of her appendicular pains.

Case LXXX

Man 58 years of age brot to me for diagnosis, his prominent simpton being *dizziness and lack of memory.* On examination I found he had *colitis* and a *blood pressure* of 210. I cut out all meat from his diet as wel as salt, sugar, white bred, tea, coffee, chocolate, cocoa, tobacco and alcohol. Allowd him to eat baked, boild or steamd fish twice a week and one eg daily.

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I gave him radiation from three 1500-watt incandescent lamps every morning for thirty minits and magnetic-wave treatment for 20 minits. Within one month his blood pressure was down to 150, all his bad simptoms had been relievd, and he has had no return of any of these abnormal simptoms for the past three years.

Case LXXXI

Lady 63 years of age. Had sufferd for years with *reumatoid arthritis* or *arthritis deformans*. The joints of her fingers wer very painful and partially ankylosed. I broke up the adhesions in these joints and outlined a raw diet suitabl for her condition. Six days a week I treated her with radiations from the powerful incandescent lamps and gave her vibration.

Within three months all pain had left her and except for a slight deformity of the joints she has been in a comfortabl condition for the past three years.

Case LXXXII

Singl lady 35 years of age. Had been suffering with *asthma* for several years. She was sent to me for diagnosis, as tuberculosis was suspected. Upon examination I found she had a *Normal-MM VR* and therefore I excluded tuberculosis, sifilis, or other constitutional intoxication.

I then examind her from hed to foot, including the navel and the sfincters of the anus and vagina. I also made a careful examination of the clitoris and found that was in normal condition. The hymen I found very much contracted and very unyielding. As soon as I attempted to enter my index finger thru the hymen, the lady had a paroxysm of coffing. That gave me the cue and I at once ruptured the hymen and dilated the sfincter vaginæ with my three fingers. *This lady has not had an attack*

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of asthma since, and no other mesures wer taken for treating her.

Case LXXXIII

A singl lady 22 years of age had been suffering with *asthma* for about two years and tuberculosis was suspected. Upon examination I found she gave a *Normal-MM VR* and so ruled out tuberculosis. I found the sfincter ani very much contracted and when I attempted to insert my index finger, she had a spasm of coffing. Careful dilation of the sfincter, along with carrying out general hygienic and dietetic mesures, cured that lady of the asthmatic condition.

Case LXXXIV

(Often asthmatic attacks ar caused by irrition about a hooded clitoris or by irritation in the navel, but I think the most peculiar reflex condition I ever saw was responsibl for the folloing case:)

Singl lady 52 years of age. Had occasional attacks of asthma which had been tormenting her for many years. She had searcht for relief in all parts of the cuntry and had tried all kinds of treatments but nothing relievd her. She would go for days without one of these attacks and then would suddenly hav one without any warning, and it would last several minits.

"Incipient tuberculosis" was the general diagnosis altho this lady gave no outward sign of tuberculosis.

When I examind her, I found she had a *Normal-MM VR,* which excluded tuberculosis. After I had examind her from hed to foot, including sfincters and navel, I could find nothing to giv me the slightest cue, and was about to giv up, when I thot I would examin her toe nails and finger nails to see what lifting them up would do. After I had lifted the toe nails I took the finger nails. I lifted the nail of each finger of the left hand and

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then went to the right hand. When I lifted the nail of the index finger of the right hand, she had a spasm of coffing. I said nothing but waited until the paroxysm had past and then took the other finger nails of that hand. Then I went back to the index finger, and again the paroxysm of coffing started and continued for two or three minits.

I askt her if that was the kind of coffing she had been having all these years and she said it was. When I began to question her carefully, I found that it was when she was doing certain kinds of work, like the turning of a bed mattress or other work that might make pressure upon the ends of the fingers, that brot on the paroxysms of coffing. She said she had to giv up playing on the piano becaus she would suddenly hav attacks of asthmatic coffing while she was playing.

I found that by cutting the finger nail down very closely she had no paroxysm of coffing, and as long as it was kept closely cut she had none, but if it grew out at all long, she would occasionally hav the paroxysms of coffing.

I took two dishes of water, attaching one pole of the pulsoidal current to each of the dishes of water, and had her put a hand into each dish. As soon as the current was put on she had paroxysms of coffing and told me that the sensation in her throat was as if she wer inhaling sulfurus fumes. I askt her if that wer the sensation she had in her throat when I lifted up the nail of the index finger of the right hand, and she said it was. No other fingers gave any such reflex.

I do not know as there is any cure for any such condition without paralyzing the nerv leading from the ungual surface of the finger. This I did not attempt to do, but told her to keep the finger nail closely cut, and by folloing out this advice she has had no more trubl from "asthmatic attacks."

This wil giv some idea of the care that is necessary in hunting out the *caus* of asthma.

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Case LXXXV

Singl lady 38 years of age. Came to me for advice regarding her *insomnia.* She said she had not had a ful nite's sleep for upwards of five years. She said that she had taken all kinds of sleeping powders and dopes, but they left her in a worse condition.

I regulated her diet and general hygienic habits. Inasmuch as she had a lo blood pressure, I had her turn her bed so she slept with her hed to the north or south—it matters not which. I then had her pas a small copper wire under the under sheet of her bed and fasten one end to the mattress while the other end was carrid out to be attacht to a water pipe as illustrated in the text. In other words, I had her arrange her bed so she could sleep grounded.

Within one week she was sleeping all nite without waking up once, and she reports that for the past five years she has had no more trubl from insomnia.

One peculiar circumstance regarding this case is that if she has her hed directed either east or west she cannot sleep. This may seem like imagination but, as explaind in the text, this is not necessarily so, becaus the effect the *magnetic meridian* has upon the body is more than anyone has any idea of.

Case LXXXVI

A marrid lady 36 years of age was sent to me for diagnosis as to the caus of her "num" spels at nite. She would wake up in the nite with cramps or twitching in the legs and feet, and her feet would be num. She said this condition had obtaind for several years and she had used hot water bottls and all sorts of salvs to rub on her feet and legs, and had taken every kind of electrical treatment she herd of but without any avail.

I advized her to soak her feet every nite in hot water into which had been placed epsom salts in the proportion of a tablspoonful to the pint, then wipe her feet dry,

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being careful to dry between the toes, and immediately go to bed. This prevented the coldness of the feet which went with the numness but did not cure the numness of the feet and the twitching of the legs.

I then ascertaind that she slept on a pillo that was quite thick. I advized her to sleep without any pillo. For the first nite she did not sleep wel, but after that she slept alright without a pillo, and for seven years has not had twitching or numness of the feet or legs.

This shows the importance of studying the reflex conditions thruout the body. This peculiar condition of the feet and legs is often causd by the position of the neck in relation to the body while the person is asleep.

Case LXXXVII

Singl lady 22 years of age was sent to me for diagnosis becaus of *lumps in the brest.* Her physicians had told her that it was cancer and she had been to several specialists who had advized a radical operation, telling her that if she did not hav it done she might die of cancer.

By means of my Bio-Dynamo-Chromatic sistem of diagnosis I told her I was *sure* she had no malignant condition of the brest. This made her very happy. I regulated her diet and general habits and treated her every morning under the powerful incandescent lamps, treating not only the brests but the entire body. Within two months every sign of a brest lump had disappeard, and for several years she has been in perfect condition without any return of the lumps in the brest.

Case LXXXVIII

Marrid lady 56 years of age. Came to me for diagnosis becaus of a *lump in one of her brests.* She had been to one of the largest surgical institutions in the world for examination and was told that without dout she had *cancer of the brest* and the entire brest should be removed "to be on the safe side."

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She told me she had red in some of the magazines that I cured one out of every seven cases of lumps in the brest without any multilation.

(The reports she referd to wer that I claimd from my experience that only one out of seven cases of diagnosed cancer of the brest is cancer of the brest and the rest wer simpl enlargements that could be eradicated by folloing natural mesures.)

This lady gave a *Normal-MM VR* and therefore I informd her that I was *sure* she had no malignant trubl.

I regulated her diet and general habits, and treated her every morning with powerful radiant light, and within two months not a sign of a lump was in her brest, and her general condition was so much improved that her family said she appeard twenty years yunger.

For the past five years there has been no return of her trubl.

(I could cite hundreds of similar cases. The director of one of the largest cancer hospitals in the world told me that altho he had been removing so-calld cancerus brests and other cancers for over thirty years, yet he believd no true cancer was ever cured by cutting it off. He said that all his records and those that he could get from all parts of the world showd that every *true* cancer would return within one to three years, and that putting the patient under ether did great harm in spredding the cancerus condition. He said that he fully agreed with me when I made the statement that all so-calld cancers that did not return within three years after the operation wer not cancer but simpl growths. He also said that he believd not more than one out of ten cases diagnosed as cancer wer cancer.)

Case LXXXIX

Man 28 years of age came to me for advice regarding a *carbuncl* on the back of his neck. I found that he was a cigaret smoker and ate a great many sweets. I put him

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on a very rigid raw diet and told him to cut out all tobacco and stimulating food and drinks of all kinds.

I treated him from hed to foot with powerful radiant light and directed rays from the quartz light over the affected area in the neck. He made a beautiful recovery and, altho he had had many carbuncls before, for the past three years he has had no return of boils or carbuncls.

I might say that he has learnd to liv "the simpl life" and eats none of the devitalized foods that ar put up in tin cans, paper boxes, or bottls.

Case XC

Lady 55 years of age was sent to me for diagnosis becaus of *extreme nervusness* bordering on insanity. After making a ful general examination I examind her pelvic organs and found a lump the size of a hazelnut just at the root of the clitoris.

She said she had had what had been calld *"bladder trubl"* for several years and that about a year before this lump had been diagnosed as malignant and a very radical operation was advized. This preyd upon her mind to such an extent that nothing would comfort her, but she refused to hav any such operation performd.

I cut open the hood of the clitoris so quickly that she hardly felt it and took out of the pocket a large quantity of concretions and albuminus matter.

I instituted proper local treatment as wel as giving her general treatment all over the body every day for four weeks, at the end of which time her general condition was practically normal, and all irritation about the genitals had been removed.

This is a tipical case of nervusness bordering on insanity becaus of irritation about the genitals and worry and fear.

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Case XCI

Girl 18 years of age was referd to me for treatment for "falling fits" or *epilepsy*. Her mother told me that she had had "fainting spels" once or twice a week ever since she was thirteen years old. I made a thoro examination and found that she was suffering from malnutrition, catar of the colon, and that she had a very contracted hymen and hooded clitoris.

I dilated the vagina, relievd the irritation about the clitoris, and put her on a raw fruit and vegetabl diet, and directed her general habits as her condition required.

Within one week her paroxysms or fits began to gro les and les and after one month's treatment they ceast, and for over three years she has not had one fit.

(I could cite scores of cases of epilepsy cured or greatly relievd by carrying out natural, commonsense methods. The first requisit is to find the reflex irritation *causing* these spasms and then to find out a natural, non-medical method of treating the condition. I do not believ medicin has ever helpt epilepsy. Neither do I believ it ever wil. Sometimes I am abl to cure epilepsy by wiring up the body so as to connect one part of the body with another thru wire connectors, as outlined in the text, but in every instance I make it a point to regulate the diet and general habits of the patient as wel as relieving all irritating foci.

Case XCII

Lady 58 years of age had sufferd from constipation for years. She told me she had taken every advized remedy for constipation as wel as high and lo enemas but nothing relievd her condition.

Her skin was yello and dry and she was in a truly miserabl condition.

I first put her on a total fast for six days, after which I instructed her to eat only raw fruit, vegetabls and nuts,

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as outlined in the text. I treated her every day by intermittent traction along with vibration and spinal manipulation in connection with radiation from three 1500-watt incandescent lamps.

Within two months her bowels moved regularly every morning and she made a splendid recovery. For the past three years she has not had to take a singl cathartic.

I believ no case of constipation is ever cured by drugs. It must be cured by dietetic and hygienic mesures. I find spinal manipulation and spinal traction, along with powerful, radiant light, to be the best fisical mesures for the condition.

The stimulation along the spine and abdomen is best carrid out by means of vibration and traction as outlined in the text.

Case XCIII

Lady 39 years of age was referd to me for diagnosis becaus of burning pain in the stomac. After a thoro examination I diagnosed the case as *gastric ulcer.*

I put her on a fast for fourteen days, after which I gave her nothing but juice from lemons, oranges and grapefruit for six days. Then I put her on raw citrus fruit juices for brekfast and raw vegetabl juices for dinner and supper for seven weeks.

Every day I treated her by means of powerful radiant light over the entire body, directing the light over the gastric region at least twenty minits at each treatment.

I also gave her stimulation over the 5th and 6th thoracic vertebrae daily.

At the end of three months she was entirely wel and has remaind wel for four years.

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Case XCIV

Lady 42 years of age came to me for advice becaus of gas in the stomac and bowels. I diagnosed her condition as *catar of the stomac and bowels.*

I mapt out a diet for her similar to that in the case just mentiond, and by folloing out the treatment as above outlined she was entirely relievd of her condition within three months.

Case XCV

Lady 32 years of age came to me becaus of an eruption on her hands. I diagnosed the case as *eczema.* I put her on a fast for seven days, then outlined a diet of citrus fruits for brekfast, raw vegetabls for dinner, and lettis for supper.

For local treatment I used radiations from the quartz mercury-vapor lamp and the powerful incandescent lamp simultaneusly over the eczematus area as wel as over the entire body until her body was wel tand.

Within one month the eczematus eruption was entirely eradicated and within two months I considerd her wel. By carrying out the line of diet outlined in the text she has had no return of her trubl.

Case XXXVI

Marrid man 35 yrs. of age. Complaind of pain in the upper sacral and lumbar region reaching to the sholder blades. Also pain in the groins running into the iliac fossæ. Pain at times reacht into the testes and spermatic cords. At other times pain was in hed and a feeling as if the hed wer in a band of iron. The sensation that brot him to me was the pain over the hart which he thot was angina pectoris.

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This man gave a *C-* and an *E-MM VR.* Therefore I diagnosed him as having *colitis, proctitis,* and *prostatitis.* Upon rectal examination I found the rectum inflamed and upon examining the colon I found that also inflamed. Palpation thru the rectum showd the center of the prostate to be very sensitiv. This patient told me that he was "sexually weak" and that he often had premature ejaculations, but really did not care anything about sexual intercourse. The size and general condition of the genitals wer normal. He gave no reflex for gonorrea and said he had never had any venereal diseas.

I put him on a fast of three days, allowing nothing but water to drink. I gave him six one-sixth grain podofillin pils (Abbott) to be taken a half hour apart the nite before I examind him, and told him to take a good dose of salithia (Abbott) the folloing morning.

The next nite I told him to take two tablspoonfuls of liquid albolene (McK & R). The next day I told him to take an enema of water as warm as he could bear it, containing a teaspoonful of baking soda to each pint of water and to place the fountain siringe so the outlet would be about three feet above his buttocks. I instructed him to begin the enema lying on his left side, then to rais up in the nee-chest position and then to go over on the right side, and to be about ten minits going thru these movements.

The examination of this patient's urin showd 80% acid by the decinormal–NaOH–fenoltalein test. (Abbott's acidomer). By the fermentation test the urin showd a small amount of sugar. By the horismascope (a cold nitric acid test in Nelson Bakers & Co.'s instrument) no albumin was present.

I commenst treating him by means of the pulsoidal current in the rectum the day after examination. Along

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with the pulsoidal current I used the combined light therapy.

For his diet after the three-day fast I started him with the lemon-juice hygien for the mouth and a glas of orange juice for brekfast—*nothing more.* At noon I had him eat a doubl handful of watercress—*nothing more.* For supper I allowd him a small hed of lettis—*nothing more.* His supper was eaten at six o'clock and he retired at ten. No liquid was taken during the day but two or three glasses of water wer drunk on arizing. The bowels did not move the first day of his diet becaus they wer alredy empty.

The treatment and diet, as outlined, continued for ten days. Then I allowd in addition to the orange juice, watercress and lettis, one quart of Bulgarian-lactic-acid milk, part to be drunk before his midday meal and part just before supper.

After the first day of treatment in place of the pulsoidal current I used the DeVilbiss Bi-Valv Speculum to dilate the rectum, and allowd the light to radiate over the prostate, as illustrated in the text. This radiation continued for ten minits, then for ten minits I gave convectiv-heat treatment thru my rectal dilator and the mushroom heat collector.

The third ten days of treatment wer practically the same as the second ten days. Of course I radiated the anterior part of the body in the same manner that I did the posterior part, folloing out the tecnic as illustrated and described in the text. After the first twenty days of diet as outlined above, I let him ad a grated raw carrot for supper and a quarter of a disc of Ry-Krisp with the midday meal, and the same with the evening meal.

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"Suppos. Prostans" (Regent) to be used at nite. For the first ten days I had him use one of the suppositories after each movement of the bowels. The bowels moved regularly every morning after the fifth day. He carrid out the exercizes delineated in the text to the very letter.

In six weeks this case was what could be calld practically wel. He said he felt wel in every way, his mentality was better, all moroseness and melancolia had past away. He had no burning or itching sensation here and there, no pain anywhere, and he said marrid life had taken on a new aspect. His wife said she had never seen him so wel before, not only fisically but mentally.

This man told me that he had no desire for any other kind of food and that his wife had becum accustomd to eating the same as he, and at the end of three months they had saved enuf in their household expenses to nearly balance my fees.

This case was "an easy cure" from beginning to end, but it would not hav been had the diagnosis not been correct and had the treatment not been along *The Natural Way*.

Case XXXVII

Singl man 28 yrs. of age complaind of melancolia, difficulty of thinking and mental concentration. In fact he did not want to use his mind at all. He said he could not sleep at nite and was worrid all the time altho he was associated with a large and prosperus business. He complaind of erotic dreams and said he was always thinking of sexual matters altho in reality they did not interest him at all.

This man gave a *D-MM VR*, that is, a gonorreal reflex. He told me he had never had gonorrea nor any

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discharge from the penis. His general looks wer those of a neurotic—stoop-sholderd when he walkt and when he sat down he "went all in a heap." He did not want to look me squarely in the eye and preferd to hav his nurse talk to me about his simptoms rather than telling them himself. He said he had been constipated more or les all his life. When he was thirteen years old he stated he began to masturbate a littl, but never more than two or three times a week. His mind was always more or les upon sexual matters. He said that at the age of eighteen he began to hav sexual intercourse with promiscuous women, but had always taken "strict precautions" in regard to antisepsis and was sure he had never contracted gonorrea.

This patient's *simptoms* did not sho gonorrea, but they did sho neurasthenia. I would never hav thot of his having gonorrea in his sistem had it not been that he gave the *D-MM VR*. My diagnosis was gonorreal intoxication along with sexual neurasthenia.

This man's urin showd acidity equal to 90 by the acidimeter (Abbott's).

Upon local examination I found his rectum inflamed and his colon very much inflamed. The right lobe of the prostate was much larger than the left but was soft. The isthmus between the two lobes was very tender and he said he felt a very peculiar sensation at the end of the penis when I prest on that location thru the rectum.

The diet mapt out for this man was identical with that of Case XXXVI. I prescribed Keysall iodin for him, beginning with three drops three times daily and continuing to increas it one drop three times a day until he was up to twenty drops three times daily, continued that three weeks, skipt three days and began again—folloing out the iodin tecnic mentiond in the text.

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The first day of his treatment I put my rectal dilator into his rectum and attacht to it the mushroom heat collector. I continued this with the combined-light treatment for ten minits, using the quartz light only one minit. I followd this by radiation over the front of the body, especially directed over the perineum—tabl tilted as illustrated.

The second day I gave him the pulsoidal current thru the rectum along with the combined-light treatment. The next morning when he came to me he had a lot of cotton over the penis and said he was having a terribl discharge. I took some of the pus, staind it with methylene blue, examind it under the microscope, and found it to be loaded with *gonococci*. It lookt like a very severe attack of acute gonorrea. I prescribed a gonorrea bag for him to wear. This severe attack of gonorrea lasted for about ten days, when the flo gradually subsided and he got entirely over it. No painful simptoms.

The treatment for the first week was alternated with the radiant light in the rectum, the pulsoidal current and the convectiv heat thru the rectum. I kept up this mixt treatment, carrying out the tecnic as mentiond in the text, for six weeks. At the end of the fourth week he said he felt perfectly wel. In fact he said he never rememberd feeling so wel. At the end of the sixth week he was having very strong erections and said he began to feel like "a real man." I told him to control his feelings as he needed all the secretion from his testes to go into his own sistem.

I might mention that I had a block of wood sewd in a bandage for him to wear at nite so he would not lie on his back. Within two weeks he was abl to sleep all nite and at the end of six weeks he was what would be calld practically wel. He walkt with a different step, he could look you squarely in the eye and he appeard wel, and to all intents and purposes he was wel.

I continued the treatment as outlined for another six

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weeks, allowing him littl by littl to enlarge on his diet until he had for brekfast a glas of orange juice folloing the lemon-juice mouth-hygien. For his midday meal I allowd him cookt vegetabls except asparagus. For his evening meal he had a mixt raw-vegetabl diet of watercress, lettis, raw carrots, parsly, Jerusalem artichokes, etc. *No salt or condiments wer allowd in his diet.*

It is now three years since this yung men had his last treatment. He calld to see me within the last few days and told me I had performd a miracl on him and now life lookt rosy to him and he was contemplating marriage. He said he felt he was entirely wel and thankt me for his recovery.

I might ad that I prescribed the Suppos. Prostans for the man to use indefinitly. He used one or two daily during his treatments with me and used metal rectal dilators every nite for at least three months. For nine months he used on an average of one prostatic suppository every nite.

It might be of interest to my readers to know that this man's constipation was entirely cured within ten days and his bowels hav averaged one or two movements a day for the past two years. He takes no cathartics, but drinks the liquid in the morning and takes the exercizes as set forth in the text.

Case XXXVIII

Marrid man 45 yrs. of age. Came to me to be treated for what he calld "chilblains." I gave him a general examination and he gave a *C-* and an *E-MM VR.* Therefore I diagnosed his condition as auto-intoxication along with catar of the gall bladder, colitis, and proctitis. When I examind his feet I then added to my diagnosis prostatitis. There wer no signs of chilblains on his feet, but the burning sensation was circular and as he explaind it, like a ball of fire on the ball of the foot. When I examind this man locally I found he had proctitis, colitis,

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and a very sensitiv prostate. Altho he had never complaind of the prostate, yet he said he had to urinate about four times every nite and during the day when he had to urinate he had to "run" becaus he could not hold the urin.

I put him on a three-day fast and put him on practically the same diet as that referd to in Case XXXVI. I treated him for the first week with the pulsoidal current thru the rectum and the combined-light treatment, folloing out the tecnic as outlined in the text. I also radiated light on the front of the body, as illustrated and described in the text.

After the first week's treatment with the pulsoidal current, I radiated light over the prostate thru the rectum. This I did for ten minits each day, and followd it by ten minits of convectiv heat thru the varius heat collectors, using first the mushroom style and then the larger one, which carrid greater heat to the prostate.

I also instructed this patient to urinate while standing on-all-fours, so as to better drain the bladder.

Within one month he did not hav to get up once during the nite to urinate, all irritability about the bladder had past away and, as he exprest it, his "chilblains" wer cured.

This man's general helth and mentality wer greatly improved. In fact he said that he never felt so wel before in his life. His wife told me that his disposition had improved 1,000%.

Case XXXIX

Marrid man 32 yrs. of age. Was sent to me for diagnosis and treatment for melancolia. He said life had becum a burden and he wisht he could die.

Upon examination I found he gave a *C-* and an *E-MM VR* and also a very pronounst *H-MM VR*. Therefore I diagnosed him as having neurasthenia concomitant with auto-intoxication, catar of the gall bladder, colitis, proctitis, and becaus of his mental simptoms, prostatitis.

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His blood pressure was only 90. (In nearly all these cases the blood pressure is way belo normal.)

Upon local examination I found this man had colitis of a very bad form, proctitis, hemorroids, fissures just within the sfincter, and a very tender prostate.

He said he had had no desire for sexual intercourse for over a year. In fact he said he thot he had lost all his "manhood." I told him he was just as strong as ever only he didn't kno it and that within two months he would hav the proof that I was correct. This immediately made him cheer up.

I placed him upon a fast and diet as previusly outlined, but after a week put him on "Kullak" three quarts a day, orange juice for brekfast and lettis for supper.

I prescribed the lemon-juice hygien in the morning, as I do in *every* case.

The treatment I gave this man was pulsoidal current thru the rectum one day and radiant light directed over the prostate thru the rectum on alternate days, convectiv heat thru the rectum every day, and for his home treatment I prescribed the prostatic suppositories and dilators. (In every instance where I prescribe rectal dilators I also prescribe iodex to be used as a lubricant.)

Within two weeks this patient's simptoms of melancolia had entirely past away and he said life had taken on a rosy hue. He said all his craving for sugars had past. His urin insted of being highly acid was now about 15 by the acidimeter.

Within two months I had him on a diet of orange juice for brekfast, cookt vegetabls for dinner, and raw vegetabls for supper. His bowels wer moving regularly every morning, his sexual function had returnd, and he was what I could pronounce a wel man. Not only was he wel, but he was on the road to permanent helth becaus his desire for sweets and abnormal food had entirely left him, and his family, as wel as himself, had gotten into the rational-diet habit.

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The folloing three cases wer reported to me by one of my pupils, J. H. East, M. D., of Denver, Colo. As these wer the first three cases that he treated after having lernd my method, they ar very interesting:

Case XL

J. H. F. Suffering with mucus colitis and sigmoiditis attended with obstinate constipation. Large quantities of mucus past after taking laxativs. "Sheep dung" caracter of stools. Patient waxy color and breth very offensiv. Hedake and lifeless. Discouraged, melancolic.

I used Dr. White's Bi-Polar Rectal Electrode anointed with iodex, set the metronomic interrupter at four times the patient's respiration which was 18. Used my time clock at exactly ten minits so just enuf treatment would be given and no more. Used as much current as the patient could stand, then set the interrupter going. I instructed the patient regarding diet, folloing out the tecnic as outlined by Dr. White.

After the sixth treatment the patient improved so he said he hardly recognized himself and he said life lookt rosier than it had before for years. It took about three months to make an absolute cure. He is now wel and harty.

Case XLI

An old patient of mine had a severe attack of influenza while I was away, and the troubl settld in his kidnys, bladder and prostate. Urin very offensiv and cloudy; acidity 80% by the decinormal NaOH indicator, and 3% albumin.

Treated the case the same as above and added to it sodoxyllin every three hours in teaspoonful doses. Also gave hexamethyl., arbutin, and ammonium benzoate tablets. Put him on fruit juices to the exclusion of all other diet for three days, then on vegetabl diet. For lunch I prescribed raw carrots.

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In ten days his urin was passing in large quantities, clear, and the albumin reduced to 0.25%. Pains in the back all gon, sleeps wel, and is getting stronger in every way. He is now planning to go back to business within two or three weeks. He says he never wants to go to a physician again who does not kno the latest and most up-to-date method for treating such diseases.

(Six months later. The case referd to above is entirely wel.)

Case XLII

Gentleman from the East gave a history of having had the flu in December, 1918. After apparently recovering had frequent desire to urinate. Urin had specific gravity of 1035, sugar abundant. Fosfates and indican present. Had been losing weight and strength ever since his supposed recovery from the flu. Was so weak he could hardly get about. Did not sleep and was agitated and felt under a hevy strain all the time. Blood pressure 160, pulse 96 and hard.

I prescribed a diet folloing Dr. White's sistem and gave him hexamethyl. compound—Abbott.

I placed Dr. White's Binocular Electrode over the eyes, making gentl pressure upward. The other electrode I placed over the 2d and 3d cervical vertebræ, making pressure just enuf to be comfortabl, setting the interrupter at just 72 a minit as the patient's respiration was 18. After a ten-minit treatment by this Pulsoidal method, I placed the patient on the tabl and gave him Dr. White's combined-light treatment—3,000 c.p. incandescent and quartz light. I then gave him oxigen-vapor inhalation. After the patient had drest he remarkt that he felt as if a miracl had alredy been performd upon him.

Inasmuch as he had a good deal of bladder irritation I used Dr. White's Bi-Polar Rectal Electrode, folloing out the tecnic as with patient No. XL. After the twelfth

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treatment the bladder irritation is all gon, specific gravity of urin is 1020, only a trace of sugar left.

Now it is no mere chance that these conditions hav all improved so rapidly. My experience is that Dr. White's condenst out-of-doors treatment—combined-radiant light and oxigen vapor—along with the pulsoidal therapy hav relievd him of his dangerus condition and hav put him on the highroad to helth.

I kno the "orthodox" doctor wil criticize what I say, but what care I? Every such patient is a booster and brings others. The progressiv physician in this manner gets the "cream of the trade" while the "slacker" gets the "skim milk."

(I hav recievd word from Dr. East that this patient is practically wel.—Ed.)

Case XLIII

Marrid man 33 years of age. Gave a *D-MM VR* (gonorreal reflex). Gave a history of having had gonorrea fifteen years previus and having been "cured" by the injection process. Said he had smoked cigarets ever since he was fifteen and the doctor did not tel him to stop smoking when he was treating him for gonorrea.

The simptoms that brot him to see me wer pain in the small of the back radiating down the right thigh and leg as far as the sole of the foot. These pains would cum on most vigorusly. At times the pains would center in the right nee and would be almost unendurabl. At other times they would shift and be in the left nee, but the pains in the left hip wer never so great as in the right hip and thigh. Said he was naturally constipated and always had to take something to keep his bowels open. About once in five or six weeks he would hav an attack of "bladder trubl" and would hav difficulty in urinating on arizing in the morning, but after a while the urin would start, and by flexing his trunk on his thighs he was abl to urinate without any special pain. The urin at

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these times was very cloudy and ful of shreds, mucus, and some pus, as wel as bladder and prostatic epithelia.

Upon local examination I found the right lobe of the prostate very much enlarged, the left one not as large, but great tenderness over the center of the prostate.

I told this patient he must abstain from use of tobacco and alcohol in all forms, cut out all tea, coffee, chocolate, cocoa, and all salt and condiments. In fact, I put him on a strict rational diet.

I treated him for ten days with the combined light, radiating the quartz light right into the rectum thru the DeVilbiss bi-valv speculum. The next ten days I used the pulsoidal current along with convectiv heat thru the varius heat collectors. I prescribed "suppos. prostans," one to be used every nite along with a dilator and iodex.

Within six weeks this man's condition was so improved that he thot he was wel and began to indulge in pastries and sweets. It was not many days before he had another attack of violent pain thru his nees, thighs and back. I then told him that he never could eat such food again and he might as wel understand it.

For the past three months he has not had another attack and is adhering faithfully to the rigid diet, the "suppos. prostans," iodex, and the dilators.

Case XLIV

Marrid man 55 years of age. Gave a *B-MM VR* (cancer reflex) and a *D-MM VR* (gonorreal reflex). He said he had a very severe attack of gonorrea when he was twenty years old, but supposed he was entirely cured of it. He was marrid when he was twenty-six. Never had any children altho they wanted some. When he was thirty-five he began to hav melancolia, went to different sanitaria for treatment, would apparently becum better, but would hav relapses. He had been treated by sounds, injections, and by local aplications on the verumontanum. He said that he had been diagnosed as having

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"verumontanitis." None of these treatments gave any lasting benefit.

His helth for the five years before he came to me had been miserabl and he had to giv up activ business. Riding in an auto or being jard in any manner would make him worse. His urin would shut off entirely and he would hav to draw it by means of a catheter.

I told him that he had an abscess in the prostate that was becumming malignant. He said he would never hav it operated upon, and personally I did not advize it. I put him on a very rigid diet of raw carrots, lettis and celery, and for a time he seemd to improve, but it was not lasting and the last I herd from him was that he was bedridden and not expected to survive much longer.

This was a case of cancer of the prostate, the cancer having found for its site a location that had long been irritated. No dout had this man been treated when his trubl began by the methods set forth in the text he could hav been cured. Only the B-D-C method could hav diagnosed his case as cancer without cutting into the growth, which always enhances metastasis.

Case XLV

A physician 66 years of age. Gave no special simptoms only that he had to urinate several times during the nite and quite often during the day. He gave a *D-MM VR* (gonorreal reflex). This doctor told me that he had contracted gonorrea forty-six years before and, altho he had been treated by all the "regular methods" known, none of them had cured his prostatic trubl.

Upon local examination his prostate showd a fibrus hypertrofy. I prescribed posture treatment and the use of prostatic suppositories and dilators as he had no facilities for recieving the light and other modalities mentiond in the text. His condition greatly improved.

I mention this case to sho how the *MM VR* test is reliabl even in long standing cases of gonorrea.

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Case XLVI

Man 22 years of age. Presented himself for diagnosis becaus he was afraid he had the "flu." Upon examination I found he gave a *D-MM VR* (gonorreal reflex). He said he had never had gonorrea but that he had "been out some." I askt him how recently he had been with doutful caracters and he said the day previus he had been out with some "girls" for "a good time" and had indulged in sexual intercourse with one of them.

I told him that he had no "flu" according to his reflex, but that he had been contaminated with gonorrea. He did not ask for any profylactic treatment altho it was advized. Within ten days he was down with a most activ case of gonorrea.

I mention this case to sho how the Bio-Dynamo-Chromatic method of diagnosis wil not only diagnose an old case but wil diagnose a case twenty-four hours after infection. I often reciev similar reports from my pupils.

Case XLVII

Lady 38 years old. Wife of a physician. Was sent to me for diagnosis becaus she had "lumps" in the brest. This lady gave a pronounst *D-MM VR*. Upon inquiry I found she had complaind for several years of a dragging, burning pain thru the abdomen. She said she had been marrid fifteen months when she began to hav the pain in the pelvis. She said altho she wanted children she had never been blest with any.

I did not tel her what the *D-MM VR* indicated, but began treating her with radiations from the powerful incandescent lamp, positiv galvanism thru the vagina, and internal medication. I also advized the posture treatment, that is, with the foot of the couch 12 to 18 inches higher than the hed, and told her to lie on her abdomen at least three or four hours a day on this tilted couch. I also gave her iodin medication.

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Within a few months her pelvic condition was relievd and the lumps in her brest disappeard and she said she had not felt so wel before, since she was marrid.

Case XLVIII

Physician. Husband of the lady mentiond above. Came to me for diagnosis. He gave a *D-MM VR*. He admitted that a few years previus to his marriage he had contracted gonorrea. He supposed he was entirely cured before he was marrid.

Examination of his prostate reveald hypertrofy and many shreds wer found in the urin after prostatic massage. He said he had been botherd for years with an irritability about the neck of the bladder and had taken all sorts of "regular" treatment for it. He said he thot the troubl came from riding a bicycl and never dreamd of its being from his old gonorreal infection.

I prescribed a diet similar to that mentiond in previus cases, as wel as pulsoidal therapy thru the rectum and powerful radiant-light treatment.

Within a short time his bladder irritation was greatly relievd. He later said, "I am much improved by this treatment, but think of what my poor wife has sufferd, and think of our childless home."

Case XLIX

Marrid lady 35 years of age. Had been treated for tuberculosis for about three years but did not improve. Her physician brot her to me for diagnosis. She gave a *D-MM VR*. Treatment was at once begun, folloing out the methods as before stated. The improvement was very markt within one month.

Later she was operated on for "appendicitis" and adhesions, at which time the surgeon said the adhesions wer doutless causd by gonorreal infection.

I hav just herd from this lady direct and she said she was in perfect helth. She has no idea what the caus of her trubl was.

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Case L

One of my pupils later examind this lady's husband and he gave a *D-MM VR.* When told what this reflex ment, he said that he had gonorrea about twelv years before, but supposed it was entirely cured as he had been to the very best specialists and had not only taken the injection method and irrigation method, but had also taken mud baths, and was told that he was entirely cured.

When he was told that he had infected his wife, he said that he recalld the fact that after the first time he had intercourse with his wife after having been "cured" of the gonorrea, he notist a "morning drop" for several weeks, but thot it was from a catarral condition of the prostate.

Case LI

Clergyman 60 years of age complaining of lumbago. Upon examination he gave a *D-MM VR.* I told him what this reflex ment and he said, "Wel, I hav certainly had my hel for the first and only offense of that kind." He said that forty years previus he had contracted gonorrea while in college and had been, as he supposed, cured. He had always been trubld more or les with frequent desire to urinate and with reumatic pains in first one joint and then in another. Later he was tormented with "dispepsia."

He was marrid when thirty years old—ten years after he was infected. Upon examination of the prostate I found it enlarged and sensitiv. Many shreds wer found in the urin past soon after massaging the prostate.

Treatment as outlined in Case XXXVI carrid on for several months so improved this man's helth that he said he felt like a new man.

Case LII

Wife of the patient mentiond in Case LI. Came to me for examination and treatment. She complaind of

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having for years a dragging, burning sensation thru her pelvic organs.

Upon examination she gave a *D-MM VR*. I did not tel her the meaning of this, but treated her with radiations from the powerful incandescent lamp, positiv galvanism thru the vagina, oxigen vapor and B-D-C therapy.

I also put her on a very rigid diet, becaus she had a very decided colitis. Within two months she said she had not been so wel before in twenty-five years.

She said she had one child, born about ten months after marriage, but had never been pregnant since, tho they desired more children. The reason for her small family is very evident.

Case LIII

Yung man about 32 years of age who was being treated for neurasthenia was brot to me for diagnosis. He gave a *D-MM VR* and gave a history of having contracted specific urethritis twelv years before. He had been marrid about three years and his wife for two years had been treated for "burning sensation" thru the pelvic region and hyper-sensitivness over the ovaries.

Specific organisms wer found from "milkings" from the prostate of the man and from the vaginal discharge of his wife.

This patient was put on a very rigid diet and treated by means of powerful radiant light, oxigen vapor, and B-D-C therapy.

These two cases wer not treated with the quartz light, but wer given the other modalities, including stimulation over the 12th thoracic vertebra for the man and over the 12th thoracic and 2d lumbar for the woman.

Oxigen-vapor inhalation and B-D-C therapy wer used for about half an hour daily in each case.

Case LIV

A girl twelv years of age was brot to me for diagnosis. The simptoms given wer leukorrea with uncomfortabl

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burning sensation thru the pelvic region. In every other way the girl was normal and wel developt. Menstrual periods had begun about six months previus to my examination.

This child did not giv a normal *MM VR*, but did giv a decided *D-MM VR*. I was obliged therefore to diagnose the case as gonorreal infection. When I inquired into the case I lernd from the mother and her physician that she had been raped about five years before and had had more or les "leukorrea" ever since.

Case LV

A man was sent to me for diagnosis whose only simptoms wer melancolia and chils up and down the back. He gave a *D-MM VR* and no other screen would elicit the *MM VR*. I diagnosed the case as gonorreal infection. I had his prostate "milkt" and very many gonococci wer found in the excretion.

This man gave a history of having contracted gonorrea eighteen years previus, and emfatically said he had not been exposed to the contagion since, and was positiv that he had never had any but the "original attack."

Case LVI

Singl man 41 years of age in apparently robust helth was sent to me for diagnosis and treatment. The only simptom he complaind of was *lack of sexual power*. He said he had been engaged to a lady for eight years but did not dare marry until he knew he was "alright in every respect." This man's only bad habit was smoking.

He gave a *C-MM VR*, which could mean sifilis or auto-intoxication. Local examination showd an enlarged, soft prostate, with sensitivness between the two lateral lobes.

This patient said he had been constipated more or les ever since he could remember. I put him on a diet similar to that previusly mentiond and began to treat him with

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the pulsoidal current followd by convectiv heat thru my rectal dilator with heat collector attacht to it. These treatments occupied twenty minits with the combined lights shining on his back and over the perineum, and twenty minits on the anterior part of the body with the lights directed over the penis, scrotum and perineum. He was instructed to hold the scrotum up during the perineal radiation.

After ten days of this treatment and diet I examind him again, when he gave a *Normal-MM VR.* In the meantime he had entirely given up smoking and said he began to feel fine. His melancolia (which all such patients hav) had left him and everything began to look bright.

The next ten days I gave him powerful radiant light directed thru the DeVilbiss bi-valv speculum right over the prostate. The light was directed over the prostate for ten minits during a seance and then over the anterior part of the body, over the perineum, under part of penis, and scrotum.

At the end of the second ten days I added to the diet raw carrots and boild onions, same to be eaten in the middl of the day or, if in the evening, at least three hours before retiring. He was fitted with a block of wood fastend to a belt so he could not lie on his back. For home treatment he used "prostans" suppositories and metal dilators with iodex.

I allowd no meat in the diet and nothing of a stimulating nature except the onions, which hav a very mild stimulating effect upon the generativ organs.

The third ten-day period of treatment was divided up with the different modes of treatment thru the rectum.

The fourth ten-day period of treatment I used the pulsoidal current over the eyes and 2d and 3d cervical vertebræ.

The constipation at this time was entirely eradicated and the patient was in a very happy mood.

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At the end of the fifth ten-day period he told me that he thot he was in a condition to get marrid. He marrid and reported that he was "normal in every respect" and was certainly a most happy man.

I hav recently herd from this man and he said he was in "perfect condition" and was the "happiest man in town."

Case LVII

Singl man 33 years old. Was sent to me for diagnosis. His leading simptom was melancolia. He gave an *A²-MM VR* and also an *H-MM VR*, which indicated *incipient tuberculosis and neurasthenia.* He gave a history of at least two nocturnal emissions weekly for the past five years.

I mapt out a diet for him as previusly mentiond, but after the first week added a half-pint of cream to be eaten with a glas of sweet milk, or Kullak, about two hours after he had taken his orange juice for brekfast.

At the midday meal I had him eat a good handful of watercress, and for supper, a small hed of lettis. About two hours after his midday meal I allowd him to eat a half pint of cream and milk. My object in giving cream and milk was becaus he was a good deal under weight.

After a few days I added to his diet boild onions or garlic for his midday and evening meals. If raw onions would agree, I prescribed them, but without any dressing except butter.

After two weeks he was allowd half a disc of "Ry-Krisp" with plenty of butter on it, to be eaten during the day with his midday and evening meals.

My treatment for him was the powerful combined lights over his entire body, and becaus of his *sensitiv prostate and nocturnal emissions* I gave him alternately the pulsoidal current thru the rectum and the quartz light thru a DeVilbiss bi-valv speculum over the prostate.

After the first month's treatment I occasionally gave him the pulsoidal current thru his eyes and over the 2d

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and 3d cervical vertebræ. Within two weeks his nocturnal emissions had entirely ceast and his general condition began to sho great improvement.

After three months' treatment I discharged him as cured of his prostatic trubl and practically wel of his tuberculosis.

I instruct tuberculus subjects to sleep out of doors and giv them oxigen vapor and B-D-C therapy once a day in the offis. I hav them use an inhaling tube and take deep-breathing exercizes at home.

In all of these sensitiv-prostatic cases I direct for home treatment the "prostans" suppositories, rectal dilators and the slanting couch as illustrated in the text.

For over two years this man has had only normal nocturnal emissions and as far as I can lern is in perfect helth. The last I herd was that he was to be marrid.

Case LVIII

Marrid man 32 years of age. Sent to me for diagnosis, his leading simptom being *melancolia.* He gave an *H-MM VR,* which indicated *neurasthenia.* He had no bad habits—had never smoked or drank intoxicating liquors—and had always been a hard worker.

His melancolia was greatly enhanst from the fact that he sufferd from *premature ejaculations,* and becaus of this *sexual weakness* there had been a mutual agreement for separation.

I put him on the diet as outlined previusly, arranged a block in a belt so he could not lie on his back, and gave him pulsoidal-current treatment thru the rectum for the first week, along with the combined-radiant-light treatment.

The second week I gave him convectiv heat thru the rectum, using the heat collector to giv all the heat to the prostate that he could endure.

The third week along with the combined-radiant-light treatment I gave him the quartz light directed over the prostate thru the DeVilbiss bi-valv speculum.

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After the second week's treatment he had not averaged more than one nocturnal emission a month altho he had been in the habit of having them nearly every nite for three or four years. His melancolia very rapidly left him.

For home treatment I prescribed "prostans" suppositories, rectal dilators and iodex. After the second month's treatment I allowd him a more liberal diet, giving him almost any kind of vegetabl for the mid-day meal, but lettis always for supper. He always had the lemon juice for mouth hygien and orange juice in the morning, and nothing else.

This case made a most remarkabl recovery and the matrimonial difficulties hav been amicably adjusted.

Note—This case of *impotency* wil giv the reader a general idea of how I handl such cases with almost general success. I hav never had a case of *functional impotency* that I was not abl to greatly benefit by these methods, or aid Nature to cure.

If the case be a man 60 or 70 years of age, who has "burnd the candl at both ends" there is not much to do for him. I never prescribe afrodisiac remedies. I believ they ar worse than useless. *If the sexual organs cannot be made normal by rest and natural treatments, they should not be forst into action by unnatural methods.*

Case LXIX

(I am giving a report of this case to sho how I handl *rectal fistulae.* The case is tipical and the method is what I use with great success.)

Marrid man 42 years of age. Sent to me for diagnosis, the leading simptom being a "boil" between the anus and the coccyx a littl to the right of the median line.

He gave a *C-MM VR* and an *E-MM VR.* Therefore I diagnosed the case as *colitis and proctitis.* Local examination and colon examination showed colitis and a very pronounst type of advanst prostatitis.

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The rectum had several papille or "tabs" which indicate internal hemorroids. Inasmuch as these papille wer more or les fibrus, it showd that the internal hemorroids wer of long duration.

There wer several fissures about the anus, and the itching about the anus was intense, as was evidenst by the excoriations brot about by the acrid excretion and scratching.

The "boil" I lanst and large quantities of pus came out. I then used a silver probe and found that the pus cavity was at least one inch in diameter and reacht way thru into the rectum above the internal sfincter and right by the side of one of the papille.

By means of local anesthesia I made an external opening to this fistula, which was large enuf to allow me to curet the fistulus cavity down as far as the curet would go. The opening had to be made large enuf for packing.

I then inserted a copper wire attacht to the positiv side of the galvanic current and attacht the negativ pole to pad electrode over the sacrum, putting over it a sand pad so as to make good contact. I placed one finger within the rectum so as to gide the copper-wire electrode, and pusht the copper electrode right down thru into the rectum.

I then opend up the rectum with the bi-valv speculum so that I could see the end of the electrode projecting into the opend rectum. This is very important so that the tip of the electrode wil not tuch the other side of the rectum.

I then turnd on the current up to about 15 milliampères and left it on for about five minits, then turnd the current off and puld the electrode strait out. This brot with it the membrane along the small canal that led from the curetted cavity into the rectum.

I then injected a small amount of 4% quinin-urea hydroclorid into the papille right by the side of the fis-

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tulus opening. I packt the rectum wel with cotton coverd with iodex. I then swabd out the curetted fistulus cavity with pure fenol, and after five minits swabd it out with pure alcohol. I then packt it tightly with gauze saturated with a colloidal-silver preparation.

After that I directed the quartz light thru a suitabl quartz aplicator directly over the anus to stop the itching. The aplicator was about one inch away, and the exposure lasted for three minits. I then coverd the anus and the packing with iodex and put plenty of cotton between the buttocks.

I instructed the patient to eat nothing for forty-eight hours, but to take a tablspoonful of paraffin oil that nite and three times the next day.

The bowels moved wel the next morning, expelling the cotton packing. The quinin-urea hydroclorid had causd the papille to so enlarge that the fistulus aperture into the rectum had entirely closed. The positiv current on the copper electrode had "curetted" the opening down thru into the rectum, and at the end of forty-eight hours this opening was entirely closed over.

The swelling causd by the quinin-urea hydroclorid lasted for three or four days. I renewd the packing along with colloidal silver twice a day in the fistulus cavity, and directed the quartz light into the rectum thru the DeVilbiss bi-valv speculum at each dressing.

After the second day all itching about the anus had subsided. The fissures began to heal, and within one week they wer all heald over. I used iodex suppositories in the rectum after each dressing. Over the perineum and wound I sprayd paraffin-wax from a DeVilbiss theromer after each treatment and dressing.

Within one month the fistulus cavity had closed down to the size of a led pencil. I allowd it to close down in this manner by looser and looser packing of the cavity.

Within eight weeks the whole cavity had closed up and there was a complete recovery.

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The regular surgical method of treating these fistulæ has been to cut thru the internal sfincter. This is disastrus and in nine cases out of ten leavs a leaking sfincter. If the treatment be carrid out as above directed, the results ar very satisfactory. Sometimes it wil require three months to a year to cure one of these cases, but even if it took a year, it is better than to cut thru the sfincter.

The pure fenol at the first dressing after the curettage wil usually find its way into all the littl ramifications about the fistulus opening. If there be multipl openings into the rectum, they can usually be found by filling the cavity with methylene blue and then watching to see whether it goes thru into the rectum at more than one place.

Always hav plenty of packing put in the rectum, so if any fenol goes thru into the rectum it wil not irritate the opposit side. The quinin-urea hydroclorid wil caus the papille and mucus membrane around these openings to close up for several days, and by that time they wil gro together if their lining hav been removed.

While this treatment is going on, giv paraffin oil so there wil be no engorgement in the rectum from feces. Keep the patient on a very limited diet during the treatment, and keep the bowels loose.

Melted paraffin-wax over any inflamed area helps to reduce the inflammation and is very soothing. I always use the DeVilbiss theromer for this.

The constitutional treatment for the colitis is combined radiant light and a diet as outlined in Case XXXVI.

Never forget the posture treatment in all these cases —slanting position while treating—and hav them rest as much as possibl on a slanting couch at home.

Case LX

Marrid man 43 years of age came for examination, his leading simptom being itching of the anus. Upon examination I found a large fissure leading from the anus to the coccyx on the outside, and two or three large fis-

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sures within the rectum. I thoroly cleand these with chinosol solution and then directed the quartz light thru apropriate aplicators in as close proximity to the fissures as possibl. I gave a five-minit exposure. The next day the membrane was blisterd and the skin on the outside was blisterd.

I prescribed paraffin oil the nite after the treatment and a tablspoonful three times a day while the treatment was going on. I also prescribed a very limited diet, aproximately the same as in Case XXXVI. I sprayd the surfaces with paraffin-wax from the DeVilbiss theromer.

Every third day I gave these exposures and spraying over the fissures. After the second treatment the pruritus had ceast and within two weeks the fissures had entirely heald.

In this case I prescribed for home treatment a preparation known as "Regentol Cerate" manufactured by the Regent Drug Co. of Detroit, Mich. This cerate is made of genuin ichthyol blended with synergists in a very effectiv manner. It is one of the best remedies to use along with the fisical mesures for hemorroids, fissures and pruritus that I know of. Iodex suppositories ar also very useful in these conditions.

The folloing six cases ar given to sho the unreliability of the Wassermann test and to prove the reliability of the B-D-C test.

Case LXI

A man having pains which had been diagnosed as "neurotic pains," went to New York City to be tested by one of the best known sifilologists there. The reaction was given as Wassermann positiv. He then went to Boston and there the test was found to be Wassermann negativ. Not being satisfied, he went to Philadelphia and there the Wassermann test was found to be negativ. Stil unbelieving he went to St. Louis where the test was said to be positiv. He went to Chicago and had two Wasser-

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mann tests, one of which was negativ and one positiv. He then went to two other specialists in two other states and a modified Wassermann test was made, and the results wer one positiv and one negativ.

He came to me at Los Angeles and I found that he gave a pronounst *C-MM VR*. Therefore, I diagnosed the case as sifilis. I ruled out auto-intoxication from the start becaus his bowels wer in fine condition, and outside his "neurotic pains" he gave no simptoms.

He said he thot he had had sifilis at one time but did not kno. One year after the diagnosis, he was suffering from tabes dorsalis and lightning pains so that no one could fail to make a diagnosis of sifilis.

Case LXII

Another case that shows the unreliability of the Wassermann or other blood tests. This man gave simptoms of what had been calld "lightning pains." He had been to several sifilologists and some diagnosed it by the Wassermann or other blood tests as positiv, and others negativ. When the man came to me he said he was disgusted with the methods of diagnosing calld "authoritativ" and wanted to see what my Bio-Dynamo-Chromatic sistem would sho.

He gave a *Normal-MM VR* and I therefore told him that I *knew* he had no sifilis. This was a case of *histeria* brot on by sifilofobia. Time has proved this diagnosis was correct.

Case LXII

Another case was that of a marrid woman about 30 years old who was sent to me for diagnosis. She gave a *C-MM VR*. She complaind of pains in the back with a num feeling in the thighs. She had been diagnosed as giving the negativ Wassermann. She said she had never been exposed to sifilis and my diagnosis was stoutly denied.

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Within one year she had all the simptoms of tabes dorsalis and there was no douting the diagnosis. Time has proved it to be correct.

Case LXIII

About six years ago a physician presented himself for diagnosis. He complaind of persistent hedakes, no appetite, melancolia, and a peculiar "woody sensation" about the lower half of his body.

He gave a *C-MM VR* and I diagnosed the case as sifilis, after having satisfied myself that it was not auto-intoxication. This man gave no sifilitic history, but said he rememberd many years previus of having recievd a wound in one of his hands while he was examining a woman whom he afterward found had sifilis.

This physician afterward had five Wassermann tests made, three being negativ and two positiv. Later the simptoms of tabes dorsalis developt, and no one could dout the B-D-C diagnosis.

Case LXIV

About four years ago a man was sent to me for diagnosis. He had had several Wassermann tests and several modified or "improved Wassermann" tests. Some wer negativ and some positiv.

This man said he did not kno that he had ever been exposed to sifilis altho he "might hav been" years before.

He gave a *C-MM VR,* but owing to the condition of his bowels and the fact that he also gave an *E-MM VR,* I commenst treating him with salines and other eliminants. Within three weeks I tested him again and he gave a *Normal-MM VR.* Therefore I diagnosed the case as *neurasthenia* without any signs of sifilis.

As this man has entirely recoverd from this supposed sifilitic intoxication, I think there can be no dout as to the correctness of the B-D-C findings.

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Case LXV

A man 33 years of age came to me for diagnosis. He gave a *C-MM VR* and an *E-MM VR*, and from local examinations I diagnosed the case as *auto-intoxication along with colitis and proctitis*. This man said that sampls of his blood had been put on blotting paper and had been sent to some laboratory for some kind of an "electronic test." He said the report came back that the sampl of blood showd sifilis.

He said he then went to another doctor and gave him two sampls of blood and askt the doctor to send the sampls to the same "laboratory" and say that one was suspected to be from a tuberculus patient and the other from a cancerus patient. The findings wer reported *according to the suggestions given.*

This patient was an intelligent man and wanted to find out what there was to it so came to me to see what my test would sho.

Suitabl treatment for a few weeks entirely cleard up his condition.

NOTE—As I had herd thru patients and physicians that there wer certain "laboratories" being conducted by reputabl M. D.'s, which purported to diagnose diseas by means of energies taken from the blood on blotting paper or other material, I decided to look into the matter.

I kild a hen and put sampls of her blood on two pieces of blotting paper. On another piece of blotting paper I put a vegetabl coloring matter that exactly matcht the color of the hen's blood.

I suggested to a physician that he tel what he thot the "patient" was suffering from, for exampl, sampl *G* as being from a person suspected of having tuberculosis and sifilis; sampl *H* as from a person supposed to hav sifilis and gonorrea; sampl *I* as from a person supposed to hav cancer and tuberculosis.

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The reports returnd wer as follows:

Sampl *G* was "tuberculosis with a taint of sifilis."

Sampl *H*, "gonorrea and sifilis combined."

Sampl *I*, "cancer and tuberculosis with a hereditary taint of sifilis."

The sampls that I sent wer:

G, a preparation made to imitate blood when it was put on a piece of blotting paper or parchment paper.

H and *I* wer both sampls of blood from the same hen.

To say nothing about the fake side of this blood test, it has a ludicrus side. A hen brot up to stay in nites and fed sanitary food to hav sifilis and gonorrea and also cancer, tuberculosis and inherited sifilis is indeed sad.

According to such "test," it is no wonder that our population is becumming "tainted."

(The folloing three cases ar given to sho how I treat hemorroids becaus everyone who makes a specialty of treating cronic diseases wil hav more or les cases of hemorroids.)

Case LXVI

Marrid man 60 years old was sent to me for diagnosis. His leading simptoms wer vague pains thru the lumbar region. He had been treated on stretching tabls of varius kinds and had had all sorts of manipulativ treatment, but insted of being benefited he was made worse.

He gave a *D-MM VR* and a *C-* and an *E-MM VR*. Therefore I diagnosed his condition as being gonorreal in combination with colitis, proctitis, and becaus of his lumbar pains, prostatitis. (Lumbar pains in a person who givs the *D-MM VR* ar almost sure to indicate prostatitis.)

Local examination proved that he had proctitis and colitis—the colitis reaching way up beyond the sigmoid, as evidenst by the sigmoidoscope. His prostate was very sensitiv in the center, and both lateral lobes wer hypertrofied and hard.

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On the posterior wall of the rectum just above the internal sfincter was a very large papilla or "tab" which was fibrus. On the anterior wall of the rectum nearly opposit this "tab" wer two smaller ones.

I askt the man how long it was since he had *gonorrea*. He lookt astonisht and said that his first and only "dose" was when he was twenty-five years old—thirty-five years previus to my examination. He said he had no children and his wife had been operated on about five years after they wer marrid for "appendicitis" and adhesions in the pelvis. He said he understood the adhesions came from the "inflamed appendix." He said she had always sufferd more or les with peculiar stomac simptoms which would cum on about every so often and would end with a severe vomiting spel. Upon thinking about it, he said these simptoms came on soon after the operation.

I askt him if he had ever had "the morning drop" and he replied that he had it for about two years after he was supposed to hav been cured of the gonorrea. He said he had had a very severe attack of gleet during his treatment, which lasted for nearly a year. The treatments wer injections and irrigations thru the urethra. He said he had some strictures which wer dilated by means of sounds. He said he had not had a simptom of gonorrea for thirty-three years.

I put him on a diet almost identical with that mentiond in Case XXXVI. I told him to lie on a slanting couch for two or three hours a day. I treated him with the pulsoidal current thru the rectum, using my bi-polar rectal electrode, for the first week. The next week I used my rectal dilator along with heat collector (convectiv-heat treatment). The next week I used the DeVilbiss bi-valv dilator and not only directed heat over the prostate but used quartz-light radiations thru a long, cone-shaped quartz aplicator—the radiations being directed against the papille mentiond.

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I gave these quartz-light radiations for ten minits at a seance, the treatments being given two days apart.

At this time the patient complaind of a discharge from the penis. This became worse and worse until it was very profuse and he had to wear cotton and a regular sanitary penis bag. Microscopical examination of the discharge showd it to be loaded with gonococci. When I told him what it was, he was astonisht as he said he had never had any "outside" intercourse since he had gotten his "dose" thirty-five years before. From my experience with these old cases of cronic prostatitis, I feel sure that the treatment had liberated pent-up gonococci in the prostate and brot on an acute attack of gonorrea. This is not unusual, but the remarkabl part was that so many years had elapst since the original attack.

I immediately began giving this man iodin therapy as outlined in the text, and treated him with the pulsoidal current and combined light as outlined in Case XXXVI. Within two weeks the acute attack of gonorrea had subsided and he began to feel a great deal better.

In the meantime the rectal papille had sweld from the severe radiations given them, had blisterd, sluft, and contracted a great deal. The two anterior ones contracted enuf so that I did not do any more to them, but the posterior and very fibrus one remaind, so I thot best to tie it off with braided silk thru a tying device. Within two weeks this one had sluft off, and hardly a sign of the hemorroid was left.

This man made an uneventful recovery and within three months all signs of lumbar pains had past away, and he said he felt better than he had before in years. He has becum a vegetarian and eats nothing but the plainest kind of food—orange juice for brekfast, raw or cookt vegetabls for dinner, and lettis for supper. He uses no salt, condiments, sugar, nor white flour. Rye bred is the only bred he eats and not much of that.

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Case LXVII

Wife of man in Case LXVI. Was sent to me by her husband for diagnosis and treatment. She gave a *D-MM VR* as wel as a *C-* and an *E-MM VR*. Therefore my diagnosis was colitis and proctitis with a gonorreal intoxication.

She was sensitiv over the gall bladder, over the sigmoid flexure and over the cecum from which the appendix had been removed. What she told me about her operation coincided with what her husband had told me. She also said the same as he about her simptoms and stomac trubl.

I prescribed a diet the same as outlined for her husband and iodin therapy. I used the powerful radiant-light treatment over her whole body, directing the radiations over the solar plexus. I also gave her radiations thru the bi-valv speculum in the rectum. I did the same thru the vagina on alternate days. I also gave oxigen-vapor inhalation and B-D-C therapy after each treatment by the combined lights.

After the first three weeks' treatment her stomac simptoms stopt. Altho it is two years since she had these treatments, she has no more trubl from her stomac, and she probably never wil hav if she follo out a careful diet.

At the present time this lady and her husband both giv a *Normal-MM VR*. Therefore I can say that their gonorreal intoxication has been eradicated from their sistems.

This patient's constipation ceast after the first month's treatment, and altho she is fifty-six years of age, she says she feels as if she wer not over twenty-five.

Case LXVIII

Marrid man 38 years of age was sent to me for diagnosis becaus of melancolia and anemia. He gave a *C-* and an *E-MM VR* and another reflex that indicated anemia and neurasthenia. From the B-D-C diagnosis I

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estimated that his hemoglobin would be about 75%. Actual test by the Tallqvist method shows it to be 70%.

Local examination showd this patient to hav colitis, proctitis, and hemorroids both internal and external, and several "tabs" about the anus which indicated old external hemorroids. Palpation showd a very sensitiv prostate and he said that he had been afflicted with premature ejaculations for many years, so much so that he had lost nearly all sexual power.

I treated him by means of the pulsoidal current thru my bi-polar rectal electrode thru the rectum daily along with the combined radiant-light treatment for two weeks, after which I gave him radiant-light treatment in the rectum and within a week alternated that with convectiv heat in the rectum.

In one month this patient's anemia was practically cured. In other words his hemoglobin was normal and, altho I did not hav his blood counted, to all appearances he was normal in that respect.

After the first month's treatment I gave him the pulsoidal current thru the eyes and over the 3d cervical vertebra every other day, and carrid on the treatment thru the rectum sometimes thru the speculum and sometimes by means of the convectiv heat.

After I had gotten him in what was nearly a normal condition I set about to cure his hemorroids. His constipation had ceast and his general condition was almost perfect. I used a copper hemorroidal electrode and gave him positiv galvanism, about 15 milliampères, every other day for three treatments. The external tabs I tied off by means of braided silk.

Within two weeks the tabs had entirely sluft away, and the internal hemorroids wer cured. For two years his condition has remaind perfect. He recently said his sexual power is as good as it was when he was twenty years old, and at that time it was very vigorus.

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(Had the internal hemorroids been hard and fibrus, galvanism would not hav removed them. Sometimes I use injections of quinin and urea hydrochlorid about the soft hemorroids, but usually can cure them without it.)

Case LXIX

Singl man about forty years of age and weighing about fifty pounds more than he should. Was taken with dizzy spels which developt into fainting spels and later into great soreness thru the abdomen. He consulted several physicians and they referd him to surgeons. He was told that some tumor must be growing in the abdomen or some manner of degeneration must be going on, and the only way to remedy the trubl would be an extensiv abdominal operation.

He straitend up his affairs for what he expected would be his "last call." He collected all his securities and put them in a safe-deposit vault and arranged everything for his demise. All his affairs wer made redy by a certain Friday nite and he was to go to the hospital the folloing Sunday and be operated on Monday morning.

He chanst to go into a mercantile house and incidentally mentiond what he was going to do. Someone advized him to call me up and make an appointment for an examination immediately. This he did, and I arranged to diagnose him at 1:30 p. m. that very day.

He enterd my offis in a very agitated condition. As soon as he became quiet, I put him into my darkend room, had him strip, and proceded to examin him by the Bio-Dynamo-Chromatic method. In order that he might hav a chance to accustom himself to standing on the turn tabl before I began air-colum percussion over his abdomen, I took the stethoscope and listend for the colonic fenomenon. The peculiar sounds wer much in evidence, but the one over the gall bladder was more pronounst than common. I then turnd him facing exactly north or south, and all these sounds wer greatly exaggerated. I

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then turnd him back facing east or west, obtaind the Working Line, and then turnd him facing north or south. I discoverd that he gave an *E* and a *C-MM VR.* (This *E* and *C-MM VR* is always present in anyone who shows the colonic fenomenon.) This patient also gave a *D²-MM VR.*

I took this patient's blood pressure and found it to be a littl high.

My diagnosis from these findings was colitis with hepatic congestion, relaxation of the splancnic vessels, and cronic gonorreal intoxication.

Up to this time the patient had told me nothing except his name and address. After the examination, he told me that seven years previus he had contracted gonorrea but supposed he had been cured in one month. He said he had never been sick, but that about a month before he began to feel bloated, dizzy, and at times faint. The faint feeling was always remedied by lying flat on his back. He said he had never smoked and had never drunk any intoxicating liquors, but he had been a high liver. He said his food averaged from three to six dollars a day, and had for the last three years. His occupation was "sight-seeing and killing time."

Upon examing his colon I found it to be greatly inflamed and cherry red, and containing quantities of mucus. His prostate showd great sensitivness over the verumontanum or isthmus. His teeth wer in good condition. In fact, he had no soreness in any part of his body except in the abdomen, over the gall bladder, and over the prostate. I also found he had falling arches.

I advized him to telefone the hospital that he would not be there and to cancel his engagement with the surgeon. I told him to eat nothing and drink nothing but water until I told him to, and to report for treatment the folloing Monday morning. I gave him a good cathartic and told him to drink all the water he wanted.

I treated him by means of the pulsoidal current thru

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the rectum, combined radiant light over the abdomen and back, and oxigen-vapor inhalation along with intermittent light thru the *E*-Chromatic Screen.

He ate nothing and drank nothing but water for, *twenty-one days,* at the end of which time he had lost forty pounds. I had arch supports made for him, and he took daily walks of from ten to twenty miles.

At the end of twenty-one days I put him on six ounces of freshly expresst orange juice three times daily, and also instructed him to use lemon juice for his teeth and throat, as outlined in the text. He continued on lemon juice and orange juice in this manner for three days, when I allowd raw lettis and raw carrots for his supper insted of the orange juice. This diet he kept up for one week, after which I allowd lettis, raw carrots and raw cabbage for dinner, and lettis for supper, but nothing but lemon juice and orange juice for brekfast.

At the end of another two weeks this patient had lost ten pounds more, which was a reduction of fifty pounds in one month, making him weigh what he should according to his height. He took daily swims in the ocean and did all sorts of athletic stunts, the principl one being walking on-all-fours, and carrying out prescribed exercizes.

The cost of this man's diet for three months, folloing my course of treatments, *averaged les than eighteen cents a day,* and he has been in perfect helth. He said he did not kno when he had felt so wel. His whole mental attitude had changed. Last, but not least, he gave a *Normal-MM VR,* and his blood pressure was normal. He is now taking an extended trip thruout the United States, and he said he would spred the gospel of B-D-C diagnosis and Condenst Out-of-Doors Treatment at every stopping place.

Case LXX

Marrid man fifty-five years of age came to me for an examination and advice. From the top of his hed to the

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sole of his feet he was coverd with great soriatic scales. His hed was so thickly encrusted that it was impossibl to comb his hair, and no part of the scalp could be seen.

He gave the colonic fenomenon and a *C-*, *E-*, and *A²-MM VR*, which indicated colitis along with incipient tuberculosis.

Upon examining his rectum I found his buttocks excoriated for at least three inches in diameter from the anus. The anus was ful of fissures, and he said he had sufferd "the tortures of hel" with his rectum for the past three or four years. In fact, he had sufferd so much that he had given up business and was prepared to commit suicide if he could not get relief. He said his hed had been a mas of scales for years. His first scales began to appear twenty years ago. He said he had been to the best skin doctors in the United States and they had pronounst his case incurabl. They had prescribed all sorts of salvs, ointments, and washes, but none had done any good, and some had aggravated the condition.

I put him on the same kind of diet as outlined above, but had him fast only five days becaus of his emaciated condition.

Owing to the excoriated and fissured anus, I could not enter an electrode, but used a small, specially constructed rectal dilator, and gradually dilated the rectum while he was under the powerful lights. I directed the radiations from the powerful incandescent lamp over his buttocks which he held apart. This dilator being of hevy metal, conveyd the heat directly into the rectum. I treated him on a tabl, the foot of which was at least twelv inches higher than the hed.

I commenst using actinic rays over his body, gradually increasing the treatment from a minit a day until he could take the radiations from two- three, or four lamps together for ten minits.

I had his hair shingld and all the hair on his body cut off as close as possibl. As he was of a hairy nature,

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this was a difficult task. Within three weeks his scalp was in such condition that he could be shaved.

After each treatment I anointed his bbdy with iodex. After four weeks' treatment I had him begin to ad to his raw fruit and vegetabl diet, baked potatoes, butter, cream, and sientifically-sourd milk. I forbade all salt, bred, sugar, and condiments, and tobacco and alcohol.

Within five weeks this man's skin from hed to foot was perfectly free from scales. All the excoriation about the anus was heald, and a large dilator could be used in the rectum, into which I radiated actinic rays of light until the mucus membrane was the color of chocolate. The rectum was entirely wel and the colitis was cured.

Others made varius tests to ascertain whether my diagnosis for tuberculosis wer correct, and they gave their findings as "tuberculus lesion in the upper lobe of the right lung," which was the same as my findings by the B-D-C method.

Insted of being unabl to sleep without opiates, he is now abl to sleep soundly thruout the whole nite. His extremely nervus condition is entirely rectified and except for a slight morning cof which stil persists, he can be clast as an absolutely wel man.

This whole change has been brot about inside of three months of treatment. I hav told this patient that the soriasis is liabl to return in a mild form inside of a year, when two weeks' treatment wil entirely clear it up, but the chances ar that it wil never return if he adheres to the diet he is now folloing. (No return after a year.)

I find in these cases of soriasis that after the scales ar entirely eradicated the condition wil not return if the patient adheres to a raw, mono-diet, namely, fruit for one meal and raw vegetabls for the other two meals.

Case LXXI

Marrid lady about thirty-five years of age. Had been marrid over twelv years. She was sent to me for diagnosis as to the caus of her severe dysmenorrea and

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frigidity. She had no children. Her husband was strong and harty.

Upon examination by the B-D-C method, I elicited a *C-* and *E-MM VR.* The colonic fenomenon was also present. Therefore I diagnosed her case as cronic colitis with pelvic congestion. So great was this lady's pelvic congestion that her femoral vein was quite badly varicosed. She had no hemorroids and had never been constipated.

She was athletic and did all sorts of exercizes, and so could not believ that the diagnosis of colitis was correct. Therefore I made a sigmoidoscopic examination, which reveald the fact that she had colitis very badly, altho she did not exhibit much proctitis.

Near the junction of the colon with the rectum, the veins wer badly congested.

This of course gave the cue to the highly nervus condition and to simptoms that she described to me that borderd on epileptiform seizures.

I put her on a water fast for six days and then on orange juice for six days more, allowing twelv ounces of orange juice daily. Then I added lettis and raw carrots to her midday meal and her evening meal. Along with the orange juice in the morning I allowd lemon juice and water, and told her to wash her teeth in water mixt up in the pulp of the lemon peel as described in the text.

I treated her with the pulsoidal current thru my bi-polar rectal electrode ten minits daily, using in conjunction with it radiations from the 1500-watt incandescent lamp combined with the radiations from the quartz, mercury-vapor lamp.

After a week of this treatment I began gradual dilation of the rectum so as to allow the combined lights to radiate into the rectum. The tabl was tilted so the foot was twelv inches higher than the hed during the treatments. These treatments wer followd by twenty minits from the Bachelet Magnetic-Wave Generator. (See text.)

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I had her use a rectal electrode containing a small galvanic battery every nite.

After two weeks of treatment I unhooded the clitoris and began using the pulsoidal current from the bi-polar rectal electrode in the vagina, alternating this daily with radiant-light energy thru a speculum into the vagina.

After three weeks' treatment she had her menstrual period without any pain whatever. I continued to treat her for another month and the next period came on without any pain, and she had no inconvenience from pain during the whole period.

After the second period, she began to lose all simptoms of frigidity and within three months she was in every way a sexually normal woman. Her husband told me he never dreamd that such a change could be wrought in any person.

This case illustrates very wel the fact that colitis is the etiological factor in a great majority of pelvic diseases in women as wel as in men.

Case LXXII

Singl lady about thirty years of age was sent to me for diagnosis. She told me nothing concerning her condition. According to the B-D-C method, she gave an *A-MM VR*, indicating tuberculosis fairly wel advanst. I located the lesion as being in the upper part of the bronchial tubes and throat. From the left side of the larynx I could conduct energy to my energy conductor when it was twelv inches distant from the throat. This energy was dissipated by the ruby light. Therefore my diagnosis was tuberculosis of the larynx fairly wel advanst.

This lady was greatly surprized at the diagnosis as she said she had been to the best diagnosticians between Chicago and San Francisco and they told her she had laryngitis combined with bronchitis.

I told her that I did not care to treat her case and explaind the seriousness of her condition, and advized

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her to liv out of doors as much as possibl, and eat such food as agreed with her, but not to do any stuffing. Owing to the soreness of her throat, I told her that probably rich milk and gruels wer the best things for her.

When she went away she told me she would follo my directions and would let me kno how she got along. I herd nothing from her until about two years after when a gentleman calld at my offis and said he was the executor of this lady's estate. He brot a legacy the lady had left me as an apreciation of the fact that I was the only one who had diagnosed her case correctly, as had been proved to her by time. The deth certificate said the cause of her deth was *"laryngeal tuberculosis."*

One of my pupils, a physician in Anthony, Kansas, in April, 1920, sent me many reports of which the folloing ar two cases:

Before this doctor became so enthusiastic over my B-D-C method of Diagnosis and Condenst Out-of-Doors Method of Treatment he saw his brother-in-law cured of advanst tuberculosis by folloing out my Condenst Out-of-Doors sistem of treatment.

Case LXXIII

Marrid man aged 42. Referd to me eight months ago. Had been in Wichita Hospital for some weeks but had been sent home with statement that nothing more could be done for him, as he was suffering with tuberculosis and must immediately start for Arizona if he hoped to liv.

Not being financially abl to go West, he was referrd to me. For one month he was brot to my offis in a hack, not being abl to walk the four blocks between his home and my offis.

After treating him daily for a month, folloing out your Condenst Out-of-Doors method of treatment, he was abl to walk down for his treatments and was free from fever, and gaind strength satisfactorily.

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I hav now treated him every-other-day since the first month and he is today back at his old job as insurance agent, driving his own car, and sometimes takes me out on emergency cases.

Case LXXIV

Marrid woman 67 years old. Mother of five children. Usually in good helth. Went to Chicago in September, 1919, to visit a son, took a severe cold, and was up and down all winter with a catarral bronchitis. Her doctor had given her vaccins and drugs until he had becum discouraged and told her he could do nothing more for her.

She drifted to me and askt me if I could do anything for the "music" in her chest and her complete los of appetite. She said she could not get wel and was continually taking more cold. That was Feb. 19, 1920. I treated her according to your Condenst Out-of-Doors sistem until Apr. 6, 1920, at which time she was so recoverd that she was abl to go to church in comfort, sleeps wel, and is mighty enthusiastic over what has been done for her.

Hart conditions in both yung and old I hav remarkabl success with by means of diet and the condenst out-of-doors sistem of treatment as outlined in the text.

Tuberculosis. I could cite over two hundred cases treated during the past two years by the method outlined in the text with a los of only one patient, and she insisted upon eating milk and raw egs contrary to my advice. I hardly ever allow a person with tuberculosis to eat milk or egs. If they hav any milk it is *sientifically sourd milk* or that described in the text as *"Kullak."* If I allow any egs, I allow not more than two a day and hav them prepared in the folloing manner:

In a basin of boiling water place a quart bowl. In that bowl place a piece of butter about the size of an English walnut. To this ad a few drops of the juice of

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garlic or onions if the patient likes it. If not, use some other vegetabl juice or lemon juice. When the butter is melted and the water is boiling around the bowl, break one or two egs into the bowl and start beating with an eg beater. The fire can be turnd off as soon as the eg is put into the bowl. Continue beating the eg for about a minit. Then pour it into another bowl—warm, but not hot. If the beaten eg is left in the hot bowl the albumin coagulates about the bowl and makes the frappé lumpy. If, however, it is pourd out, the albumin wil not be coagulated in lumps and the eg wil be cookt in such a manner that the albumin is not coagulated and neither is the eg raw. It is the most easily digested eg preparation that I kno about.

A person can eat egs prepared in this manner when they cannot eat them in any other way.

If a person wish to make this eg frappé more fluffy, they can ad a tablspoonful of hot water to the eg before beginning the beating. If this is done one eg wil fil a quart bowl.

This eg frappé is eaten while hot.

I believ that the so-calld orthodox method of feeding milk and egs kils more peopl with tuberculosis than the diseas itself.

Raw fruit by itself and vegetabls by themselvs, and garden herbs by themselvs, along with water cres, alfalfa, etc., as outlined in the text I find to be the only reliabl diet for a tuberculus patient.

The therapeutic mesures that I employ with almost 100% success ar radiations from the quartz mercury-vapor lamp in combination with radiations from one, two or three 1500-watt incandescent lamps all used at one time. I giv from ten to twenty minits' exposure on the front of the body and the same on the back of the body. I then hav the patient take oxigen vapor along with B-D-C therapy for about twenty minits. These treatments I giv six days a week.

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By carrying out these methods I hav been abl to cure within from three to twelv months nearly 100% of tuberculosis cases in all stages, if the patient is abl to cum to my place.

Every tuberculus patient lacks *calcium salts,* and these salts, as wel as the other mineral salts, cannot be obtaind in any other manner than thru the vegetabl kingdom without injuring the patients.

I allow no meat except fish to a tuberculus patient but allow baked or boild fish not more than two times a week.

My entire method of treating tuberculosis is thoroly illustrated and described in the text.

Hay Fever as wel as all of the respiratory neuroses I find ar best treated by means of diet and my condenst out-of-doors sistem.

Bright's Diseas as wel as all other kidny lesions I treat by means of diet and the condenst out-of-doors sistem.

Diabetes is treated in the same manner.

(Note—At least 40% of all cases of diabetes mellitus sooner or later hav tuberculosis.)

Neither Bright's Diseas nor Diabetes must be considerd as fatal diseases, becaus my experience is that if the right dietetic mesures ar carrid out and natural, drugless methods ar used for treatment, the patient's wil liv to a good old age and die of something else.

Pyorrea (Pyorrea Alveolaris)

The popular idea that the teeth must be extracted for pyorrea I believ is entirely rong. I hav treated, by the method outlined in the text, scores of cases without a singl failure, and I do not think anyone would hav any failure in treating pyorrea alveolaris if they wil follo out *The Natural Way* as there illustrated and described.

The whole plan is to use citrus fruit juices when first arizing in the morning, and to scrub the teeth wel with water mixt up in the *pulp* of the lemon peel. That along with proper diet wil in every instance not only cure pyorrea alveolaris, but wil prevent it.

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It is a terribl custom to extract teeth becaus of pyorrea. It is very easy to destroy tissue or to remove some part of the body, but one's trubls hav just begun after mutilation has taken place.

No false teeth can take the place of the natural teeth, altho false teeth ar better than no teeth. However, there is a stimulation of the gastric juices causd by masticating with the *natural* teeth that never can be duplicated by artificial mesures.

In the *Seventh Edition of My Lecture Course to Physicians* over 350 clinical cases ar given, and I do not think the reader would be benefited if I cited any more clinical cases here.

As before stated, every diseas is best treated by taking away fear and substituting cheerfulness. This is the first mesure. The next mesure is a rational diet, and the diets outlined in most of the textbooks on the subject ar as far from right as anything can be.

No sistem of dietetics that has been studied on animals or in test tubes can ever fit the human being.

Cooking any food changes its natural condition into an unnatural condition, and its solubl salts ar made insolubl. In other words, the vitamins or natural-salt combinations, ar ruind.

The watch spring makes the watch go, but if that spring be heated its life departs and no chemist can tel where that life has gon. Neither can they tel by any chemical analisis whether it has gon or not. We simply kno that the watch wil not go.

A piece of magnetized steel has the same chemical test as when it is not magnetized yet there is life or energy there that wil attract a needl to it.

Heat that magnetized steel and its life wil depart and no chemist can tel where it has gon. Neither can he tel by any chemical test the difference between the magnetized and the de-magnetized steel.

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Just so with natural foods. They hav *life* in them as derived from the sun and the natural forces of the erth. Heat them, however, and that life is dissipated, and insted of eating a food that has "spring" or life to it one is eating a ded food—that which wil not "make the wheels go round."

The third principl in the treating of all diseas is *natural* methods such as sunlight, or artificial sunlight, which can now be obtaind from powerful lights.

Fresh, unadulterated air, or what is better, ozonated air, which is similar to that found at high altitudes, is another mesure.

In short, if one follo out Nature's laws no other remedial agencies ar required. If, however, one has errd and gon astray from Nature's way and has becum il, the only rational way of gaining helth is along *The Natural Way*.

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FOTOTHERAPY AND ITS RELATION TO PUBLIC HELTH*

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To adequately discuss so great a subject as Radiant-Light Therapy and its relation to public helth in a short paper is quite out of reason. I can only tuch some of the "high lights" of this radiant subject.

Heliotherapy is a clas by itself. Altho Heliotherapy—sunlight—has been practist since time immemorial, yet its possibilities ar only just glinting thru the mist of investigation.

Notwithstanding the marvelus effect of sunlight in the cure of diseas, it is impracticabl for most of us becaus of climatic and so-calld civilized conditions.

Light, whether it be from the sun or from a powerful incandescent lamp, to be of any particular use must cum in contact with the bare skin. One can just as wel gro potatoes in a light-proof box or read in a pitch dark room as to treat diseas by means of radiant light thru clothing.

Let us imagin that we livd where we could go naked and where no dust nor clouds obscured the sun. Even in such conditions the intense effect of radiant sunlight could be improved upon for treating diseas. The reason is that the nearer the source of the light is to the part being treated, the greater ar the therapeutic results.

To those not acquainted with radiant-light therapy, this may seem incredibl, but what I say regarding radiant light from any source, I kno from actual clinical experience.

Argue as yu might, sunlight therapy is not practical for the average practician. Hence we must look to artificial radiant light as a curativ mesure.

In 1882 I made my first radiant-light therapeutic outfit. I took four of the Edison carbon-filament lamps and attacht them under an inverted, bright, new dishpan, and suspended that over the patient. My preceptor said it workt wonders in relieving pain.

*Ritten by request to be red at the Annual meeting of the California State Homeopathic Medical Association, 1920.

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I then took a barrel and knockt out its ends, and suspended some Edison carbon-filament lamps at the upper side of it, and coverd the ends of the barrel staves with cloth. We would put the patient's body on a blanket laid lengthwize of the barrel, and close the cloth about it. My preceptor said that was a great aid in treating reumatism, neuritis, and abdominal pains, as wel as pains of any other description.

Thus I began the construction and use of radiant-light outfits. I hav been interested in one way or another in every advancement in the construction and use of radiant light apparatus, and hav records of thousands of cases treated by radiant light.

The carbon-filament lamps had one great disadvantage. They would burn the patient unless continually moved, and that made it impossibl for a physician to treat more than one patient at a time. Besides this, the carbon-filament lamp gave so much more heat than light that it was not a balanst modality.

As soon as gas-fild lamps wer availabl I began experimenting with them therapeutically. By grouping several of the smaller ones together I found that I obtaind clinical results that wer different than those obtaind by using a high-amperage, carbon-filament lamp. After an extended series of experiments, I gave up the use of the gas-fild lamps in clusters becaus the results wer not at all satisfactory. I saw, however, that there wer great possibilities in a high-amperage, gas-fild lamp, and arranged with the lamp manufacturers to make me some gas-fild lamps drawing from 8 to 10 ampères of current. It was thus that I developt the tecnic for the use of the 1000-watt and later the 1500-watt gas-fild lamp.

I was at a disadvantage, however, in using the gas-fild lamps in reflectors made for the carbon-filament lamps, becaus the reflecting surface made foci that wer very disagreeabl to the patient. This has now been obviated, and thru the co-operation of many fisio-therapeutists and manufacturers, we hav developt a reflector for use with the 1500-watt, gas-fild lamp that wil giv no focus, and has a reflecting surface that is permanent—it being made of

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spun steel coverd with baked enamel in eg-shel or blotter-surface finish.

The construction of the reflector made it imperativ that it be near by the globe, but great heat was conveyd to the reflector. However, we developt a ventilating sistem to get the maximum amount of good from the lamp.

All these obstacls hav now been overcum and we hav in 1920 what appears to be a perfect, radiant-light outfit carrying a 1500-watt, gas-fild globe.

This outfit is the cumulation of thirty-eight years of clinical experience in radiant-light therapeutics. I hav gon into detail regarding the development of these lamps becaus the possibilities of Radiant-Light Therapy ar limitless, and now that the many objectionabl features in all other types of lamp reflectors hav been overcum, there is no reason why Radiant-Light Therapy cannot now be employd on a large scale not only in private practis but in public institutions for the good of the public helth.

This perfected Radiant-Light outfit is manufactured by the Burdick Cabinet Co., Milton, Wis.

Thousands of physicians now kno the great and lasting effects of radiant-light therapy in private practis. What is good for private practis is good for the public helth, and to hav radiant light a benefit to the public, institutions under the direction of public helth offisers should be equipt with radiant-light outfits.

Heretofore it has been impractical for such institutions to be equipt with lamps for this purpose becaus it required so much practis to handl them and becaus the attendant could look after only one person at a time. I hav now developt a tecnic whereby one attendant, after a littl tutoring, can handl efficiently from six to twelv patients in as many different rooms at one time. This is done by using time clocks and time-clock switches so the patient wil kno when to turn over, or the attendant wil kno when to look after a certain patient.

The tecnic for radiant-light exposure for neuritis is to radiate not only the affected part but the whole body. Neuritis can never be cured by treating the affected part alone. The whole condition of the body must be made right at the same time the affected part is made right. The time

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of radiation in such cases depends upon the condition of the patient's skin and how near the lamp can be brot to the affected part. As a rule, if the lamp directed over the affected part can be brot within twelv or fifteen inches of the skin, the treatment wil last twenty minits. At the same time one or two other lamps wil be radiating on the entire body. The lamps for general radiation can be twenty-four to thirty-six inches from the skin.

For ulcer of the stomac, the same tecnic is carrid out, only the radiation over the stomac should last for at least half an hour at a treatment.

For shel shock or nervus shock, the tecnic is to radiate the posterior part of the body first with one, two or three lamps about thirty-six inches distant from the body for ten or fifteen minits and then giv a similar radiation on the anterior part of the body. Powerful radiant light relaxes tissue in a manner that no other modality ever has or ever can. Therefore it is the treatment par excellence for all nervus conditions and all reumatic or neurotic conditions. In fact, for any condition where one wishes to powerfully affect the metabolism, powerful radiant light, properly aplied, is more efficacious than any other known modality.

Now I wish to mention one of the greatest uses for which powerful radiant-light therapy is positivly known to be of paramount importance, and that is for *tuberculosis*. I am prepared to prove by clinical experience that powerful radiant-light therapy, along with the proper diet, wil cure the majority of cases of tuberculosis. I now hav pupils in every part of the world who ar using this modality for tuberculosis, and I am recieving scores of reports that sound really too good to be true and almost incredibl wer I not in a position to kno that they ar true.

It is only within the last two weeks that I recievd a report from one of my pupils in Kansas who has made a specialty of treating tuberculosis in a sanitarium for years. He had becum discouraged becaus he said his cures wer not over fifty per cent. and he could not get beyond that. After fitting up for radiant-light therapy and being drild in the tecnic for handling tuberculosis cases with radiant light and proper diet, he says that for the past year his cures hav been practically one hundred per cent. So delited is he

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over his work and so great has been his increas in patients that he is now bilding larger places for carrying on the work.

Personally I hav treated a great many cases of tuberculosis in all stages by means of diet and powerful radiant-light therapy. My percentage of cures ar way beyond anything that I was ever abl to attain by any other method, and I believ they ar larger than those of anyone employing any other method. During the past two years my percentage of cures has been above 95%. This to the unitiated sounds incredibl, but I hav no reason to exaggerate the reports.

Becaus of limited facilities and limited time, I hav had to refuse more patients than I hav treated, and it seems a pity that more physicians ar not equipt for treating tuberculosis, at least, in a manner that wil bring greater aid to the public helth than any other procedure that I kno anything about.

The folloing clinical cases wil giv some idea of my tecnic, plan of diet, and results.

Case I

Marrid man 42 years old. Had been diagnosed by one of the largest surgical institutions in the world as having ulcer of the stomac, and operation advized. He would not hear of an operation, and his family physician referd him to me for diagnosis and treatment. I found him to hav an ulcer on the anterior border of the stomac.

I put him on a diet of raw fruit for the morning meal, finely chopt or shredded raw vegetabls for the midday meal, and lettis only for the evening meal. I cut out all milk, egs, sugar, salt, tea, coffee, chocolate, cocoa, tobacco, and alcohol.

I gave him radiation from two 1500-watt incandescent lamps for one hour six mornings in the week. One lamp was directed over the stomac and the other over other parts of the body. Forty minits of the radiation was on the anterior part of the body and twenty minits on the posterior part of the body.

Within two months every simpton of ulcer of the stomac had disappeard, and in three months he went home entirely

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wel, and he has had no more stomac simptoms for twenty-one months.

Case II

Marrid man sixty years of age sufferd with brachial neuritis for several years. Was unabl to dres himself and his wife came with him to see to that. I put him on a diet of acid fruit for brekfast and nothing else, two uncookt vegetabls for the midday meal and nothing else, raw lettis and carrots for the evening meal and nothing else.

Six mornings of the week I used two 1500-watt lamps over his body for fifty minits, light being radiated over the anterior part of the body for thirty-five minits and over the posterior part of the body for fifteen minits. The rádiations from one lamp wer directed over the upper arm and sholder, while the radiations from the other lamp wer over the chest or back.

Within one month he was abl to dres himself. I treated him for two months and he has had no return of the trubl for over a year.

Case III

Singl lady 45 years of age. Diagnosed by six of the best diagnosticians in the United States as having cancer of the stomac. She was told that she could not liv more than three months without an operation and would probably not liv over three years after an operation.

She would not consent to an operation as she had had several operations alredy performd in the pelvic regions for varius conditions. She was referd to me for diagnosis and treatment, and two physicians came with her. They told me in her presence that if I could make her liv three months in comfort that they thot I would hav done all that she could expect.

My diagnosis was cancer of the stomac, and there was no dout but that the diagnosis was correct.

The doctors remaind with her for a week and then went home and left her in my care. I forbade the use of all sugar, salt, bred, tea, coffee, chocolate, and cocoa. For brekfast I allowd juice from ground, macerated, uncookt prunes, for midday meal six ounces of carrot juice, and for the evening

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meal ground up lettis and spinach, celery, or some garden herb. Some days I allowd ground up raw peas along with scraped carrots.

Six mornings of the week I radiated light from two or more 1500-watt lamps over her body for one hour, directing the radiations from one lamp over her stomac region with the lamp as near to the skin as she could possibly endure it. Treatments over the back lasted for about ten minits.

I continued these treatments for nine months. She went home to attend to some business for two or three months and to report to her family physicians. All simptoms of cancer had disappeard, and the size of her stomac was very apreciably diminisht. She returnd and I treated her for three or four months more, which made about thirteen months' treatment in all. She has now been pronounst entirely cured from cancer. Her stomac is about half the normal capacity. For one year she has had no return of her old simptoms.

Case IV

Singl lady 23 years old. Had influenza two years ago, from which she did not fully recover. She had many simptoms of debility and afternoon fever, which made her family physician suspect there was something rong, so he calld in several consultants. They all decided that she had tuberculosis with a very bad spot in the middl lobe of the right lung. A few days after their final examination, she had a hemorrage that nearly kild her.

As soon as she was abl to travel, she was sent to me for diagnosis and treatment. I diagnosed her case as tuberculosis fairly well advanst and with a very activ lesion in the middl lobe of the right lung.

She had been fed principally on milk and egs for several months. I forbade all milk, egs, sugar, salt, tea, coffee, chocolate, cocoa, and put her on a diet of raw acid fruit for brekfast, raw vegetabls for noon, and raw lettis, celery, watercress, etc. for supper. I taut her deep breathing exercizes and instructed her to practis diligently to elevate her chest and to sleep out of doors and be out of doors all she possibly could.

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I gave her radiations from three 1500-watt incandescent lamps six mornings of the week, each treatment lasting fifty minits. One of the lamps was directed over the lungs and the other two over other parts of her body. One-third of the time the radiations wer over the back and two-thirds of the time over the anterior part of the body.

Within one month her three degrees rize of fever in the afternoon had entirely disappeard. She had commenst coffing every morning and raisd large quantities of pus, which was simply loaded with tubercl bacilli. Within three weeks she coft up great quantities of pus. She continually grew stronger and at the end of three months' treatment I pronounst her wel. She had an increas of chest expansion of over three inches and had a ravenus appetite, and gaind in weight until her weight was normal for her height.

According to my Bio-Dynamo-Chromatic test she was free from tuberculosis and she appeard wel. She returnd home in what I consider a perfect condition with the exception of a scar in the lungs. After six months she has reported, "I feel that I am and I *kno* that I am, wel."

Case V

Marrid man 60 years of age living in the Middl West had been diagnosed as having tuberculosis for over two years. Was told that he could not liv in that climate, and he sold out his business and was redy to move to Arizona to spend the rest of his days.

I happend to be going thru a large city near his town three years ago, and his family physician brot him to see me. I diagnosed him as having advanst tuberculosis and there could be no dout about the diagnosis. He was so weak that he could not walk ten steps unassisted. I advized his physician to put in lamps and begin treating him right in his home town, becaus I hav found that the change of climate and scene for tuberculus patients is a very bad procedure.

I told them to giv him no more egs or milk but to put him on fruit juices for one meal, raw vegetabl juices for another meal, and as soon as possibl to giv him shredded, ground, or finely chopt lettis, celery, spinach, watercress, etc. I told them to giv him radiations from one or two 1500-

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watt lamps an hour every forenoon and every afternoon, and to have him carry on his method of sleeping out of doors, which he had alredy been doing for two years.

Within three months this man was so wel that he bot his business back, and within one year he was to all appearances entirely wel. I recievd a letter from his family physician within the last month, stating that this man was to all appearances as wel as he ever was.

Right here I wish to say that I take egs and milk away from every patient with tuberculosis. I also take away all sugar and salt, and giv them all the raw spinach, watercress, and raw carrots that they can comfortably eat. I find that recovery is marvelusly enhanst by carrying out this simpl dietetic mesure. This may appear off the beaten path, but it is efficacious, and I hav not time to go into my reasons for being opposed to the overfeeding and stuffing of tuberculus patients. *I believ the diet and stuffing that is popular for tuberculus patients kils more than the diseas.*

I hav personally treated enuf patients with tuberculosis to feel that I am right in my opinion, and the reports of my pupils coincide with my own clinical experience.

Case VI

Marrid man 42 years old. Referd to one of my pupils in the Middl West about a year ago. Had been in one of the tuberculosis hospitals for several weeks but was sent home with the statement that nothing more could be done for him in that climate and that he must be sent to Arizona if he expected to liv. Not being financially abl to go West, he was referd to the physician mentiond.

For one month he was carrid to the physician's offis in a taxi as he was not abl to walk four blocks. After regulating the diet as above mentiond and using powerful radiant light folloing out my tecnic, this man was abl to walk to the offis for his treatments, and was free from fever. After two months more, he was abl to go back to business. For eight months now he has been entirely wel.

Case VII

Marrid woman 67 years old. Mother of five children, Residence in the Middl West. Had a severe attack of flu

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in 1918 while visiting in Chicago. This condition ended with what was calld at the time "catarral bronchitis." Her condition became so much worse that consultants wer calld, and they pronounst it tuberculosis. They immediately began a vaccin treatment for her, but she continued to get worse.

She was sent to one of my pupils near Chicago for treatment. He advized a method of diet as above outlined and used two or three 1500-watt lamps in the manner alredy indicated. The first of April of this year she was examind by several specalists and pronounst free from tuberculosis.

I could go on for hours relating cases of tuberculosis especially, and nearly all of them would read about the same as the above. Of course I am very enthusiastic over the work, and I am glad many other physicians ar also becumming enthusiastic. It was only within the last two weeks that two of my pupils from London, England, came out to see me and take up some special work along these lines. They brot reports from several of my pupils in England that the radiant-light method of treatment along with dietetic mesures as above outlined wer doing more for curing tuberculosis than any other method they had ever used or red of.

I am aware that physicians who hav not investigated these methods and who hav been educated along older lines of treatment, ar slo to change, but, Fellow Physicians, yu all know that tuberculosis especially is progressing with leaps and bounds and is more prevalent than anyone dares admit. Yu all kno that the deth rate in most of the institutions devoted entirely to tuberculosis is very great. In the face of these facts, why not investigate these methods of treatment that giv results that ar so far beyond the results from the other methods that there is hardly any comparison?

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CHROMO-THERAPY*

Chromo-Therapy means treatment of diseas by radiant *colors* and should not be confused with *Foto*-Therapy which signifies treatment of diseas by means of radiant *light*.

The difference between Chromo-Therapy and Foto-Therapy is similar to that between Homeopathy and Allopathy. Homeopathy treats with finely divided remedies and Allopathy treats with the crude drug.

Chromo-Therapy and Homeopathy Compared

Chromo-Therapy cures by contrasts just as Homeopathy cures by contrasts. Hahnemann says, "Burns ar cured by aproaching the fire, frozen lims by the aplication of sno, etc." Why? Becaus the reactiv law of heat is cold and the reactiv law of cold is heat.

A universal law in Nature is that likes repel while unlikes attract. The positiv pole repels the positiv pole, but attracts the negativ pole. In harmony lies the secret of Homeopathy and Chromopathy or Chromo-Therapy.

By finely dividing an element, for exampl sulfur, it produces the very opposit effect that the crude mineral does. Crude sulfur wil caus a diarrea while the 200th attenuation of sulfur wil cure diarrea. Why? Not becaus it is Homeopathy, but becaus it is a natural law, and Homeopathy follows a natural law.

Sulfur, like every other element, has an affinity for its opposit. In the crude form it is like an elefant while in its attenuated form it can be compared to a flea. Yu could dodge an elefant, but if the same weight of fleas wer liberated, yu could not dodge them.

Any element subdivided has greater attraction for its opposit than the same element undivided.

Thus, light subdivided into colors has greater attraction for its opposit than white light.

Colors possess polarity the same as metals. For exampl, red is irritating and excitativ, similar to negativ electricity; while blue is soothing and resting, similar to positiv electricity.

*Red by the author before the California State Homeopathic Medical Society, 1918.

The tecnic and devices alluded to in this paper ar fully described and illustrated in the *Seventeenth Edition* of *"The Natural Way* or *My Work."*

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Colors, however, belong to the finer forces of Nature and the term, "polarity," is not broad enuf. For exampl, metals hav two opposit poles while colors hav subdivisions of energy as numberless as the stars in the Milky Way.

Therapeutic Action of Radiant Colors

Chromo-Therapy or Radiant Color Treatment has been used for ages in treating diseas. Whether it wer used empirically or not, the fact remains that different colors wer painted on the skin upon which the sun radiated, or some other method was used for giving color emanations to the body.

We kno that the blood selects oxigen from the air which we inhale and in which we ar engulft, becaus it has an inherent affinity for it. Is it not rational to believ that the tissues change light emanations to meet their special requirements?

Has not the skin the property of selecting from the spectrum such colors as the body needs and for which it has an affinity? Does not the natural call for colors depend upon the normal or abnormal processes of the body?

I believ and can prove that when there is any lesion or abnormal process going on in the body, there is an affinity at that location for a neutralizing energy — a rate and mode of motion, which it seems perfectly natural should be selected from light.

Nature calls for colors the same as it does for light. As long as we ar coverd by clothing only a small part of our bodies can obtain it. Hence there is a limitless field for light and color therapy.

We, in our uncivilized manner of living, hav robd our bodies of the light and color intended for them. Had we needed clothes, we would hav been born with them. We hav smotherd the skin with clothes; and littl by littl barbarus man is trying to smother our respiration by means of tobacco smoke, cigaret smoke, and other filthy, demoralizing fumes.

Recognizing the barbarus surroundings in which we move and hav our being, Nature, ever redy to help, tries to righten our metamorfosed conditions; but she often has to call for aid.

As we ar surrounded by a sea of oxigen we can, if fortunately situated, flee from polluted air and find such air as wil giv our hungry organism the oxigen it needs; or we can by artificial means make oxigen that meets our requirements.

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Colors and How to Use Them

In the first place, color does not pass thru clothes, so in giving color treatment the body must be natural — that is, nude. The skin, when given an opportunity, revels in light and color as a bee revels in blossoming clover.

The skin of the entire body craves light and color; and the more "civilized" we becum the more we long for the colors that paint the splendors of the universe.

In general terms, red, orange and yello ar "primitiv" colors, that is, animating, stimulating and warming. Red is especially indicated for the blood, yello for the nervs, and orange — partaking of both red and yello — is stimulating and animating to both blood and nervs.

Green has a dubl action, being nerv animating and blood cooling, that is, sedativ in febril conditions.

Violet, indigo and blue ar cald electrical colors, that is, cooling, soothing and antiseptic; blue having a special action upon the blood while violet has a special action upon the nervs. Indigo partakes of the nature of both blue and violet and is soothing to both blood and nervs.

Remedies that ar anti-febril ar soothing, cooling and anti-inflammatory and hav blue predominating; while nervines and hart depressions hav much violet.

Red Color

Red color is the warm element of sunlight with especially stimulating effect upon the blood and to some extent upon the nervs. It is indicated in tuberculosis, anemia, fisical exhaustion, paralysis, and all debilitated conditions.

Red is *injurius* when there is alredy too much of an inflammatory condition in the sistem, or where a person is in a feverish or excitabl condition generally.

Yello and Orange

Yello and orange ar nerv stimulants and ar valuabl in constipation, impaird digestion, and many abnormal pelvic conditions peculiar to women. A reddish orange is valuabl in cancer and all malignant growths.

Yello is *injurius* to an over-excited sistem.

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Green

Green is a quieting color if not too green. The color should hav no suggestion of yello. True green has a quieting and soothing effect upon the nervs and also upon the body.

Blue and Violet

Blue and violet ar nervines, astringents, refrigerants, febrifuges and sedativ; soothing to nerv and vascular sistems, especially where inflammatory and nervus conditions predomintae.

They ar indicated in sciatica, hemorrage, cerebro-spinal conditions, neuralgia, reumatism, general nervusness, etc.

Generalities

In general, if a person is working in dark rooms the contrast of being in yello or yello-orange light is very beneficial. This is especially true during the rainy season when there is a great deal of cloudiness. A person's sistem is naturally more or les deprest and therefore treatment by means of yello-orange is very helpful. This also aplies to the lighting of the home.

On the other hand, if one is out a great deal in the bright sunlight the contrast of going into a subdued light, such as violet or blue, is restful.

Generally speaking, a person with red hair, or rubicund complexion, does not care for high colors such as red, orange or yello; but likes green, blue or violet.

There ar also countless shades of these varius colors. Therefore one must be particular to pick out the colord silk best adapted for the purpose when making shades or screens. The grade of silk made under the trademark name of *Faile-Matinee* I hav found to be about right for Chromo-Therapeutic Screens or shades. This special weav of silk is made in many colors and can be procured from almost any of the large drygoods stores.

Silk vs. Glas for Screens or Shades

Altho I formerly used colord glas as the media thru which light was radiated, I hav found many objections to it. It breaks easily, the proper colors often cannot be obtaind, and it is expensiv and cumbersome.

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Silks and linens (and some parchments) of the proper color ar the best materials thru which to shed light. They giv a softness to the light that glas never can, especially when using artificial lights back of the screen.

Practicability of Silk Screens

There is no patent on silk screens. Anyone can make them. All that is required is a wire frame that wil surround an electric light globe. This wire frame can be coverd with suitabl silk for giving the radiation desired.

If the physician is not fitted for giving Chromo-Therapeutic treatments in his offis, he should at least be informd as to the colors indicated in any given condition. He is then in a position to instruct his patients intelligently for carrying on the Chromo-Therapeutic treatments in their own homes.

Deep Breathing Enhances Chromo-Therapeutic Mesures

As the body requires the indicated color, so does it require an abundant suply of oxigen. It is for that reason that it is wel to instruct the patient in deep abdominal breathing so they can practis that at the same time they ar taking the color radiations. In this way we ar helping the patient in a natural manner — helping them to take out-of-doors treatment in a condenst form. In other words, we ar helping them to acquire the *"condenst out-of-doors"* habit.

Therapeutic Action of Colors

Sunlight shed thru colord glas was very much in vogue a few years ago for the treatment of diseases. Probably the reason for its going "out of fashion" was becaus it was not taken up in a sientific way by the medical profession.

Another reason probably is that color therapy belongs to the finer forces, and commercialism seems to hav stunted the finer natures of many peopl, and grosser methods, such as crude drugs, vaccin and serum therapy, hav taken the place of the finer forces.

I hav often askt physicians why they did not do more with Chromo-Therapy, and the ansers generally hav been that it was not practical and did not bring in enuf mony to make it pay. It seems as tho these physicians wer ignorant of the true therapeutic value of colord light.

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Of course, charlatans hav taken up Chromo-Therapy the same as they hav taken up drugs, surgery, vaccins and serums. In fact the charlatan wil take up anything that is popular. Quacks hav used hydro-therapy, but that is no reason why any legitimate physician should not prescribe baths.

It seems as tho the rank and file of the medical profession condems any agency that is natural, simpl, above-board, and easily understood. It seems as tho the "old-scool" medical fraternity seeks misterius aids for treating their patients, that is, vaccins, serums and "prescriptions ritten in an unknown tung."

That the public has been arousd to the point of breaking loose from such methods is evidenst by the great number of physicians that ar carrying out drugless methods. According to actual statistics, more peopl ar being treated by natural methods than by any other.

Chromo-Therapy is so easily handld that any physician can redily fit up rooms for this treatment. He can at least giv advice to his patients for carrying it out in their own homes.

Some physicians hav said that if they educate their patients too much along the lines of helth, they wil care for themselvs and teach their frends, and thereby not need professional care. Any physician who reasons along these lines is deserving of defeat and "war bred" the rest of his life. If a physician cannot be a true physician, he should not be a physician at all.

A physician must be altruistic. That goes with the profession and is included with the name physician. It is true we all hav our "rent and taxes" to pay, but the physician who is a true physician and educates the peopl to liv better, is the one who often recievs the largest incum and has the largest circl of honest frends.

A lawyer who advizes his clients in such a way that they wil hav to go to law is soon out of business.

The public should be educated to pay the physician wel for good, sound, wholesome advice rather than for a box of pils. They should be taut that being made sick to get them wel is not economy.

In Color Therapy we hav a means for satisfying Nature's needs in a way that is more sutl and far-reaching than by crude drugs or other coarse agencies.

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Diseas means lack of harmony in the sistem, and "harmony cannot be brot about until Nature's affinities ar satisfied."

One wel-known riter has said that without claiming everything for any specific mode or sentiment, it is truly reasonabl to contend that such beautiful natural methods as light and color ar certainly far more commendabl than needless operations and the use of disgusting vaccins and serums, which stil hold the fort in many sientific strongholds.

Light-and-Color treatment deserv world-wide attention, and unless we wish to prove fanatics, it wel becums us to employ to the fullest extent possibl, all those benignant and agreeabl healing agencies which ar freely at the disposal of all humanity, if we wil but devote some serius thot and attention to the practical utilization of Nature's own deliteful remedies.

Altho mental suggestion acts powerfully in unison with all modes of treatment, there ar no valid grounds for denying or even questioning the demonstratabl ingredients of chemical light and color.

Light and color ar in themselvs highly efficacious healing agents and worthy of the most serius consideration, and as we ar living in the most beautiful world which, if shorn of light and color, would instantly becum a dreary wilderness, and as Nature persistently employs colors in a regularly sistematic manner, we ar surely acting in concert with the Universal Mother if we study her actions and apparelings and array ourselvs and our belongings in harmony with the great exampl set by that unfailing Nature which never deviates from a divinely appointed pathway.

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COLORS IN THE DIAGNOSIS AND TREATMENT OF DISEAS*

Every fenomenon in Nature is a matter of motion—vibration. Light, color, sound, electricity and radio-activ energy ar differentiated from each other by their rates and modes of motion.

The effect of *Light* is seen in all forms of vegetabl and animal life. The reflex action by means of the skin and eye effects the change in matter. Pigmentation is simply a reaction and accomodation of protoplasm to the action of light or other energy — motion.

Colors also produce a far-reaching effect upon the development of all forms of life. Sientists hav demonstrated the profound effect of color. It has been shown that bacilli, when exposed to the ultra-violet rays, ar changed into a different species; and the revized or new bacilli, when injected into animals, developt an entirely different diseas. It has also been found that intense says from the ultra-violet region of the spectrum, when radiated from a quartz, mercury-vapor lamp, wil coagulate eg albumen and solutions of serum proteins.

It has been found that the larvae of the common white cabbage butterfly, which is a colorless insect, wil, if placed in boxes of varius colors, produce butterflies within three or five generations of the exact shade of the box in which they wer grown. These same metamorfosed butterflies, which might be brown, red, blue, or any other color, can by the reverse process of rearing them (that is, in a normal light without color) be slowly brot back to their natural white color within three to five generations.

It is wel known that cameleons, salamanders, newts, lizards, and some species of frogs and toads, ar changed in color by reflex irritation thru the eye. If blinded in one eye they do not change in color on that side of the body.

The effect of *Sound* upon the simpathetic sistem has been wel shown by its influence on insects, birds, fish, animals and peopl.

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*This is one of my popular lectures. All the tecnic and apliances referd to in this paper ar illustrated and described in the *Seventeenth Edition* of *"The Natural Way* or *My Work."*

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The effects of other rates and modes of motion or energy, hav not been so wel known, but they hav recently been shown in the change of vegetabl and animal development when under certain forms of high frequencies.

We kno that the ear responds to sound energy and the eye to light and color energy. It can be shown that other organs in the body respond to energy produced by light, color, sound, and other rates and modes of motion; and from this we may infer that every organ in the body responds to every rate and mode of motion.

In the body we hav a nervus organism which might be likend to a telefone sistem, of which the brain is the central offis and the ganglia the substations. This nervus sistem is the most accurate index of external energy. The internal organs ar controld by the simpathetic and vagus nervs. Any stimulation of the vagus produces what is termd "vagal tone," and with a change in vagal tone there is a change in the tension of the viscera.

It can be proved that the magnetic meridian; energy from a magnet; human energy; and light, color, and sound energy, wil all produce a change in the tonicity or tension of the viscera. In other words, they wil elicit what I call the *Simpathetic-Vagal-Reflex* — if a definit tecnic is followd.

As the simpathetic-vagal tone of the body is changed, so is the tension of the vascular sistem changed in proportion to the susceptibility of the subject and the energy employd. This can be shown by varius tests, and can be proved by anyone.

Air-Colum Vibration

I hav experimented with vibrating colums of air, and often vibrated a colum of air over a person's face or body. At times I observd a variation of pitch when vibrating a colum of air over a person, altho my devices wer the same distance from the body each time.

These experiments I carrid on for years and found that the variations of pitch took place when the person changed position. For exampl, when a person faced east, I observd one note; and when he faced north, I observd another note. Thus I found that the *magnetic meridian* affected the living body.

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While giving demonstrations of the aura, I observd that the "streamers" or radiations from the body wer deflected when some subjects faced north or south in a different manner than when they faced east or west.

Among the first I found who would sho no change when facing in the magnetic meridian, was a lady who had tuberculosis fairly wel advanst. Later I found that cancer, sifilis, and all other diseases had the same power of inhibiting the effects of the magnetic meridian upon the body.

While conducting a series of experiments with vibrating air colums thru wooden pipes, I had a helthy looking patient over whose body I could notis no change of pitch, no matter in what direction he faced. I observd an aura of a reddish hue emanating from the back of his hed. This is the aura for sifilis, the color being especially wel defined over localized lesions. From these findings, I diagnosed the case as sifilitic tumor located in the cerebellum. This yung man's relativs would not believ the diagnosis and I advized them to take him to an expert laboratory diagnostician. The expert's diagnosis coincided with mine. The yung man died of sifilitic tumor in the cerebellum.

Later a yung lady came to me to be treated for cancer in the brest. I tested this lady with my organ pipes, or colum-sounding tubes, and obtaind a decided change of pitch as she turnd from one point of the compass to another. I also observd that the color of the aura from her brests was normal, that is "steel-blue" insted of a "blue-violet" which is the color of cancer. I therefore diagnosed her case as a simpl adenomatus enlargement of the brest. I treated her with powerful light energy for a few weeks, by which time the enlargement had entirely disappeard, and the patient has remaind wel ever since.

Colors to Diagnose Diseas

I reasond that if the aura from a helthy body wer deflected by the magnetic meridian and the tension of the body organs wer changed by the same agency, then some other energy must be abl to act on the "animal energy" or "life force."

After trying sound waves of all kinds, I began to work with colors. The first color I used was the ruby employd

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in the fotografic dark room. This I found obliterated the effect of the magnetic meridian on a helthy subject; and it would also enabl the magnetic meridian to act upon a person with tuberculosis the same as if he wer helthy.

Many persons gave this "ruby reflex" when they complaind only of being tired, nervus, etc., and later it was found they had tuberculosis. I also found that a person with cancer gave this "ruby reflex."

Altho I hav tested many thousand cases with the ruby light, I hav found no diseases except tuberculosis and cancer that would respond to that color. Later I discoverd a color that would differentiate cancer from tuberculosis. I employd every color that I could find or make, but found that only dark-room ruby would diagnose tuberculosis or cancer, and that only a certain shade of orange would differentiate cancer from tuberculosis.

I found that tuberculosis could be diagnosed by this method at the very inception of the diseas, and before a diagnosis could be made by any other known method. Time would prove that the diagnosis was correct, and the patient could hav been more rapidly cured had others believd my findings wer reliabl. The same holds true with cancer. I hav been abl to prove that at least 60% of cases diagnosed as cancer by laboratory methods wer not cancer, and time has proved my diagnosis to be correct. I hav also found that many cases which wer diagnosed as simpl growths wer cancerus growths, and time has proved the diagnoses to be true.

By degrees I found that other radiant colors would enabl me to diagnose other diseases until now I hav a wel defined plan of diagnosing the most prevalent and the most dangerus toxemias.

This method I hav termd the *Bio-Dynamo-Chromatic* method. (Bios, meaning life; Dynamis, meaning force; Chroma, meaning color.)

I hav never yet found a person suffering with any malignant diseas, that would giv the simpathetic-vagal reflex (*VR*) when facing from east or west to north or south, unless some radiant color wer employd.

This reflex I term the *simpathetic-vagal reflex* or the magnetic-meridian-simpathetic-vagal reflex (*MM VR*).

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I am now abl to sho the exact stage of the diseas by using varius tints of the diagnosing color.

Fisical colors ar pictorial evidences of varying rates and modes of vibration. It is an undisputed fact that colors play a very important rôle in life. Chromatics should be taut in the scools and colleges just as much as mathematics. One can be made sad or happy by means of colors. The temperament of the inmates of a house is more or les changed by the color decorations. All public places should be decorated by those who hav a definit knoledge of color effects.

Explanation of the Simpathetic-Vagal Reflex (VR)

I am often askt by sientists and physicians for an explanation as to why the magnetic meridian affects the body more when it is facing north or south than when it is facing east or west. In can be briefly explaind as follows:

The simpathetic ganglia ar placed in the posterior part of the torso anterior to the spinal colum. The ramifications from the simpathetic ganglia ar lateral. Therefore they present a great deal more surface antero-posteriorly than they do laterally.

When the body is facing east or west, the magnetic meridian energy cuts relativly only a very few lines of force from the great nerv ganglia and their branches; but when the body is facing in the magnetic meridian, that is, north or south, the energy from the magnetic meridian cuts infinitly more lines of force, and in so doing steps up the energy, thus producing a change of tension in the blood vessels, which change of tension is the simpathetic-vagal reflex induced by the magnetic meridian—*MM VR.*

This explanation seems consistent when we consider the fact that all forms of energy ar related and it is easy to step one energy up or down into another form of energy.

Bio-Dynamo-Chromatic Therapy

Folloing the law of similars, I hav developt a sistem of therapy in accordance with the color findings in the diagnosis. For exampl, if ruby is required to elicit the simpathetic-vagal-reflex in an individual, that color I use for the treatment, folloing out a certain tecnic based on fisical laws.

I believ this faze of the law of similars is as true as gravitation or any other natural law, but one must kno and under-

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stand the laws governing it the same as they would other fisical fenomena. Like other natural laws, this Magnetic-Meridian Law is so simpl that anyone can demonstrate it to his satisfaction without the use of elaborate and expensiv instruments; and there is a sientific explanation of it all.

The far-reaching effect that this law has on humanity cannot be exprest in words. The fact that it enabls the physician to diagnose tuberculosis, cancer, sifilis, gonorrea, malaria, etc., at their very inception, givs him an opportunity to act at the most propitious time and in the most propitious manner.

Conclusions

1. Nature seems to be only another name for a "storehouse of fisical fenomena."
2. Fisical fenomena appear to be rates and modes of vibration.
3. The origin of life appears to be only the polarization of energy.
4. Cellular development appears to be a fenomenon of polarity.
5. As all natural fenomena appear to be but modifications of motion, it follows that the different development of tissues or species is only a modification of rates and modes of motion.
6. Energy appears to be the manifestation of some rate and mode of motion.
7. All *e*motions appear to be rates and modes of motion temporarily changing the individual's normal rate and mode of motion.
8. In the animal kingdom at least a change in the normal rate and mode of motion is accomplisht thru the simpathetic and vagal sistems.
9. The simpathetic and vagal sistems ar intimately related with the vascular sistem and thru it with every cel in the body.
10. Diseas, or unrest of tissue, seems to be a manifestation of an abnormal rate and mode of motion.
11. Each rate and mode of motion acts upon or changes any other rate and mode of motion. Consequently each individual influences every other individual to a greater or les extent.
12. The magnetic meridian is a definit rate and mode of motion and must consequently influence all other rates and modes of motion, be they animate or inanimate.

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13. All energy to be stimulating must be intermittent.

14. Energy of any kind, if unvarid and constant, acts as an irritant upon the simpathetic sistem.

15. If any abnormal energy emanating from the body is changed to normal, even temporarily, the individual is benefited.

16. An individual can do more and better work by occasionally changing his position with regard to the magnetic meridian.

17. The cosmic effect of all the rates and modes of motion in the body ar manifested at the surface of the body in what might be calld a "human atmosfere" or aura. This surface emanation is transmissibl from one person to another thru the air and, under certain conditions, can be transmitted thru conductors from one person to another.

18. All true remedial agencies must hav for their ultimate aim the normalizing of an abnormal rate and mode of motion.

19. All repair must be made thru the vascular sistem.

20. The vascular sistem is influenst thru the simpathetic and vagal sistems.

21. Any agency that acts best on the simpathetic and vagal sistems most promptly stabilizes metabolism, augments nutrition, and produces a normal rate and mode of motion.

22. When progress in any form of life ceases, there is a slowing up of life's forces (senility), and consequently the beginning of "deth."

23. Deth appears to be the cessation of one form of motion and the beginning of another. In other words, it seems to be a metamorfosis of motion—vital force is liberated and changed into another and higher form of motion.

Judging then by all analogies, deth must be but a transition to superior life, and man himself a link in this wonderful chain of upward progression. Is it not an inspiring thot that all energy (light, color, sound, etc.—harmonies of the outward universe) forever exemplify and teach this great principl of cosmic influence?

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TUBERCULOSIS—ITS DIAGNOSIS AND TREATMENT*

By GEORGE STARR WHITE, M.D.

Altho tuberculosis has been the bane of so-calld civilization for centuries, yet the orthodox method of treating it today is almost identical with that ritten about by Greek physicians nearly two thousand years ago.

Several hundred different methods of diagnosing and treating tuberculosis hav been evolvd in the last century, and every one has faild to giv beneficial results.

There is no need of going into statistics regarding tuberculosis thruout the world, as the fact stands out in bold relief that the so-calld regular or standard methods for treating tuberculosis hav utterly faild.

Neither shal I discuss the popular beliefs as to the caus of tuberculosis. I wil confine this brief paper to the diagnosis of tuberculosis and to a method that cures nearly 100% of those afflicted.

The only method that I kno anything about as being reliabl for the diagnosis of tuberculosis is the method known as the Bio-Dynamo-Chromatic method. This method most of yu ar familiar with. Inasmuch as the finer forces in Nature ar utilized in this method of diagnosis, the most incipient stages of tuberculosis can be diagnosed twenty-four hours after the tuberculus infection.

Not only can the diseas itself be diagnosed, but the stage of the diseas can be diagnosed, or in other words, the ratio of the patient's strength to the power of the tuberculus infection can be mesured.

During the past few years enuf cases of tuberculosis hav been diagnosed by my B-D-C method, and enuf physicians hav used it to prove it to be reliabl and practically 100% perfect.

It is wel known that the prevailing method of treating tuberculosis is by forst feeding, especially with milk and egs. Becaus of the great mortality in the varius tuberculus institutions, all manner of remedies hav been added to stay the plague, but in scarcely any of these institutions has the method

*Red before The Society of Physical Therapeutists, Chicago, September, 1920.

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of diet been changed from that which has been used for centuries.

It is wel known that the digestiv sistem is nearly always the first to giv the signal of a tuberculus infection. Waiting to see whether tubercl bacilli can be found in the sputum is like waiting to see what the autopsy wil sho. Thousands of peopl die of tuberculosis, and the deth certificate is made out for almost every complaint other than tuberculosis, becaus the diagnostician was waiting for the tubercl baccilli to sho in the sputum.

As diet plays such an important rôle in the treatment of tuberculosis, I wish to bring a few facts to your attention. The only difference between a watch spring before and after it is temperd is the spring which tempering puts into the piece of steel. When the spring is temperd correctly, it wil make the watch go. No chemist can tel by chemical analisis which steel has spring in it and which has not. The same can be said of steel that is magnetized and steel that is not. No chemist can tel by chemical analisis whether the steel be magnetized or not. In either instance, if one heat the piece of steel the quality is dissipated—the spring is gon or the magnetism is gon.

It is wel known that foods as they gro contain salts in natural biologic combination. These naturally combined salts ar known as the vitamins. These naturally combined salts ar necessary for the maintaining of life. If, however, the food is cookt, the vitamins ar destroyd, and the naturally combined salts becum unnaturally combined, and the very elements that the animal economy need ar destroyd by cooking.

Another fact that I wish to bring out is that raw egs ar very difficult to digest. Some even go so far as to say they ar not digested by humans. At any rate, they ar a long time leaving the stomac.

It is also difficult for a tuberculus person to digest milk. The prevailing idea is that becaus the eg is composed of the constituent parts of the chicken and becaus milk is the natural food for the yung, the combination of milk and egs wil giv the body resistance enuf to drive off tuberculus infection. This I believ is an erroneus idea.

Some very interesting experiments in feeding cookt food to animals hav been carrid on. Hogs fed on cookt food died

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of colera inside of six months. Helthy cows fed on cookt food dried up and wer not suitabl even for the slauter house. Sheep fed on cookt food soon died. Horses fed on cookt food for a littl over a year wer sold for one-fifth of their original value. Yet the human animal is educated to believ that food must be cookt to make it more digestibl and nourishing.

The folloing clinical cases wil giv an idea of the reliability of my Bio-Dynamo-Chromatic method of diagnosis and the method of treatment that it seems to me to be the best.

Case I.

Lady thirty-two years of age was diagnosed by several physicians as having malaria. She gave an A^2-MM VR (a reflex demonstrated by means of colord lights), and therefore I diagnosed her as having incipient tuberculosis.

I immediately put this lady on a diet of lemon juice and orange juice in the morning; raw alfalfa tops and leavs, raw spinach, raw lettis, and raw carrots for dinner; raw watercres and raw celery for supper. I prohibited the use of tea, coffee, chocolate, cocoa, salt or sugar. I allowd a moderate use of hony.

I aplied over her nude body radiations from three 1500-watt lamps, twenty minits on the back of the body and twenty minits on the front, treatments being given six mornings of the week. For the first two weeks I gave radiations from a quartz mercury-vapor lamp, beginning one minit the first day and increasing it one minit every day until the patient was taking it for ten minits. After the first two weeks I discontinued the use of the quartz lamp but used three of the 1500-watt lamps.

After the light radiation I gave her oxigen-vapor inhalation along with intermittent radiations thru the A^4-Chromatic Screen for twenty minits.

Within seven weeks the lady had regaind her former weight and I discharged her as wel. She has remaind wel for over a year.

Case II.

Lady twenty-three years of age. Diagnosed by several eastern physicians as having anemia and dispepsia. She came to me for diagnosis and treatment, but the day she

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reacht Los Angeles she was taken with a hemorrage and was rusht to an emergency hospital where examination proved that she had tuberculosis.

I was not told anything about the findings of the laboratory; but by means of the Bio-Dynamo-Chromatic sistem I diagnosed her as having tuberculosis wel advanced, but her resistance was good. I treated her in the same manner as outlined in Case I, and she made a very rapid recovery, and has remaind wel for over nine months.

Case III.

Yung man wanted to enlist in the servis. My B-D-C examination showd he had incipient TB. I told him he had better not enlist, but he did so and was accepted. After a few weeks he was returned home with activ TB.

I put him on the diet as outlined in Case I, but made it imperativ that he eat at least two good handfuls of alfalfa blossoms and tender leavs each day along with at least two handfuls of watercres, and that he should be out in the open as much as possibl.

I treated him six mornings of the week with the powerful lights and oxigen vapor and B-D-C therapy. Within six months he gave a *Normal*-MM VR (indicating that his tuberculus infection had been entirely cured), and he has remaind wel for over a year.

Case IV.

Yung man was examind by a pupil of mine by the B-D-C method. He gave an *A*-MM VR and was sent to me for a re-examination to see if the findings wer correct.

I found an *A*-MM VR and told the patient so. He then told me of my pupil's findings.

He was drafted into the Army and past as O. K. A few weeks later he was returnd home with activ TB. I followd out the same plan of treatment as outlined in Cases I and III and within seven months he was entirely wel and has remaind wel for over a year.

Case V.

A doctor came to me for diagnosis. He had an eruption on the abdomen which had been calld tuberculosis by the very best skin specialists in this city.

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My B-D-C findings wer not tuberculosis but herpes zoster, and time proved that my diagnosis was correct.

The quartz light in combination with the powerful incandescent lamps, along with diet, soon cured him, and his skin was left in perfect condition.

I do not think it is necessary to cite any more cases, as so many of yu ar familiar with my work. I hav hundreds of reports along the same line from my pupils as wel as from my own experience. I hav pupils now in every quarter of the globe doing this work, and I am recieving reports that would make any physician glad.

In conclusion I wish to say that the method of feeding a person with tuberculosis is of more importance than any other procedure.

I also want to emfasize the fact that alfalfa contains more properties for stabilizing the metabolism of a tuberculus patient than any other food that I kno anything about.

Next to that cums raw spinach, and then watercres. If a person cannot get alfalfa, they can use red clover. If they cannot use it green, it can be dried, then soakt in cold water and the water drunk and the leavs masticated and then spit out. When eating the green plants, the patients can swallo all the parts they chew.

I hav used eg shels, green bone, and all the other substances supposed to be loaded with calcium, but they hav no such effect as the calcium salts that ar held in natural combination in green plants.

I forbid the use of tea, coffee, chocolate, cocoa, salt, condiments of all kinds, sugar, meat, fish, egs and milk. For sweetening I allow the patient to use hony, which is the most natural sweet we hav. Next to that ar ripe dates. Probably the sugar in dates is the most easily assimilated of any fruit sugar.

I do not allow a tuberculus patient to eat anything that is cookt, but feed them entirely on raw fruit, alfalfa, garden herbs, watercres, and vegetabls of all kinds. If they wish, I allow them to drink the juice of raw rhubarb sweetend with hony, and the juice of other fresh fruits. I do not allow them to mix any acid fruits with roots such as raw carrots, raw potatoes, etc. As much as possibl, I hav them eat one clas of food for each meal.

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Within two weeks the patient becums accustomd to this diet and after that cookt food is obnoxious to them.

Altho this method of feeding may seem quite radical and off the beaten path, yet I hav now used it long enuf to prove that my hypothesis was correct, and the reports that I am recieving from pupils who hav been taut at my place bear out my assertion that this method of treatment is not a one-man sistem, but that it can be utilized by anyone who wil carry it out faithfully and intelligently.

Tuberculus patients wil gain flesh faster on such food than on any other. The reason seems to be that the sistem takes up what it needs, becaus it is made fit and kept fit.

Once in a while there is a great deal of pleurisy connected with the tuberculus condition, and I use intermittent traction, using automatic tabls which stretch the spine and relax it alternately.

So great has been my success and the success of my pupils in treating tuberculosis in this manner that several large institutions ar now being establisht for carrying on the work on a large scale.

The Seventeenth Edition of my book entitld, "The Natural Way," wil contain a full description of this method of diet and treatment for tuberculosis and allied conditions.

327-333 So. Alvarado Street.

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HELTH VERSUS THE GERM THEORY*

By George Starr White, M. D.

Helth and the wether ar two subjects we ar all interested in. Regardless of how yu feel or the state of the wether, would yu not rather be greeted by, "This is a fine day" and "Yu ar looking fine" than by "What miserabl wether" and "Yu ar looking miserabl, what is the matter?"

A good art teacher always instructs his pupils to select the most perfect model to be obtaind until they ar wel grounded in the work. He explains that the "ideal" should be implanted in the mind so deeply that ugly figures cannot efface it.

The landscape artist selects the ideal to work from, becaus it makes him reach out for the most perfect. The architect studies ideal plans so he can better attain to them. The designer gazes at the most perfect drawings so he can better bring his dreams to perfection. The inventor visualizes his pet idea as perfection itself, and aims to reach it.

All thru the arts the visualization of *perfection* has always been the basis of instruction. Why should not the same practis be aplied to the *art* of attaining Helth? That is one art that custom seems to hav so perverted as to make the study of perfection an exception rather than the rule.

Insted of our magazines being fild with articls regarding diseas and how to get wel, would it not be better if they gave talks on how to liv to keep wel?

To teach peopl that we ar born and reard in an atmosfere loaded with diseas-giving micro-organisms that ar liabl to attack us at any time, no matter how we liv, is like telling them that a great earthquake is liabl at any time to swallo them up. Fear and aprehension ar bred in the individual rather than a feeling of security, provided he walks in Nature's footsteps.

To teach a child that it wil be punisht, regardless of what it does, would not be conduciv to making a lovabl person. I believ the great principl of *caus and effect* should be the first teaching given to a child, and this teaching should be enlarged upon as the child matures.

*Part of one of the author's popular lectures.

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If we wer all taut that abusing our bodies by over-indulgence of our appetites would mean reaping punishment in direct ratio with the license taken, the incentiv for living rightly would be a thousand fold greater than teaching what to do when we becum il.

The epidemic of influenza was an exampl of what rong teaching and training can do. Insted of being told that by right living only a few would be affected by the diseas, news went out broadcast that a great epidemic had overtaken the world, and we wer all liabl to be engulft in this great avalanche of horribl germs, unless we took such and such remedies in the way of drugs and ate plenty of nourishing food.

The trend of nearly all of the popular medical articls is along the lines of germs causing all diseas, and that serums and vaccins ar the antidote for all these "germ bites." We kno this is rong. If we wer taut that we ingest more food than our sistem can wel take care of, or if we ingest the rong kind of food, or if we mistreat our bodies by excesses of any kind that we wil suffer for it and be more liabl to be a victim of diseas, we would all watch our step more than at the present time.

Right living and right thinking ar the antidotes for all diseas. A body traind to think rightly and liv rightly is traind to ward off diseas. The sycology of believing that germs caus diseas is entirely inimical to helth. It is a good deal like the old teaching that if we ar doomd to eternal punishment we wil get it no matter what we do. Most of us hav lernd that the sycology of this is disastrus, becaus it makes us reckless.

If we ar taut from childhood that it is our method of living that makes us sick, we wil be all the more particular about the way we liv.

If the sanitary engineers believ that mosquitoes made the water stagnant, rather than that the stagnant water attracted the mosquitoes, they would not be draining our miasmatic swamps.

We should all be taut that insted of germs being enemies and causing diseas, they ar frends and scavengers and ar attracted by diseas.

A cuntry child is taut that a bull wil chase him if he has on a red garment. Hence it is only a reckless child that wil go into the presence of a spirited bull with a red garment on.

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If we eat, dres, and conduct ourselvs in such a manner as to load our body with diseasd material, we should be taut that that diseasd material wil injure the body in some manner, and that as the soil is, so wil be the attraction for any specific micro-organism.

Nature's laws ar immutabl. They ar the same for the great vastness of space as they ar for the ultra-microscopic world, and the same for the ultra-microscopic world as they ar for the vastness of the universe. If we can once realize that Nature is the same, regardless of size, we would be in a position to better study and find out her real, immutabl laws insted of studying to prove theories.

We kno by experience that water seeks its level, that a ball thrown into the air wil cum back to the erth, that placing our fingers in a fire wil result in a burn, that stagnant water is the natural habitat for mosquitoes, that the bee is attracted to nectar, and that parasites seek their natural host. These ar laws that ar plain to our naked eye. Why should we expect that Nature would change her methods and laws becaus the organism is too small for the naked eye to observ it?

A pupil of Virchow, the German sientist, who is credited with being the father of the theory of germs causing diseas, told me that Virchow not long before his deth told him that wer he to liv his life over again, he would devote himself to proving that the germ sought its natural soil in diseas, rather than that it causd the diseas.

I hav talkt this matter over with many sientists and very many hav told me they thot that germs wer the *effect* of diseas rather than the caus, but inasmuch as sientists had dwelt so long upon proving the theory that the germs causd the diseas, and becaus public opinion had now been educated to that belief, it would be disastrus to the sience of medicin to acknoledge that again sience had made a monstrus blunder.

Sientists ar prone to adhere to a false belief if they hav once proclaimd it to be true. This was very forcibly brot to my attention by a wel known sientist when I discust with him the errors that had crept into literature regarding natural filosofy. He said he agreed with me that the fundamental works in all our colleges on these subjects wer rong, but that inasmuch as over a hundred years had been spent in designing instruments to prove certain theories as they now exist, an

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acknoledgement of the great error must cum by degrees rather than abruptly.

Littl by littl some of our best sientists ar beginning to realize that the germ theory is the product of a diseasd mind. There was a time when foren-born theories wer aped by sientists of all scools, but the time has cum when American-born ideas ar in the lead. This is wel illustrated by the fact that Dr. Fraser, one of the foremost Canadian sientists, has carrid on all kinds of experiments to prove that germs ar not the *caus* of diseas, but ar the *effect* thereof.

It is also strikingly illustrated by the recent experiments with the germs said to be the caus of the Spanish influenza. Extended experiments hav been made upon a hundred or more volunteer marines to see if they could be made to hav the Flu by having the so-calld Flu germs put into their stomacs, on the mucus membrane, and even injected into their blood. Not one was made sick thereby. Similar experiments hav been made by other sientists with nearly all kinds of germs.

Why then ar we continually being taut by the public pres that germs caus diseas? Now, we cum to the great calamity of the day, namely, that littl by littl commercialism has taken hold of the cuntry as an octopus takes hold of its prey. Great industries hav arisen for the manufacture of anti-germ wepons — serums and vaccines. Wer the germ theory of diseas eradicated from the minds of the peopl, all these great industries would cum to naut. It is on the same principl that had warring nations been taut in all their institutions of lerning that war should not be, that arbitration was the method of settling all disputes, the great ammunition works would hav had to close their doors. However, these great hel furnaces hav been working for years producing ammunition. At last their great storehouses wer bulging and they said they must find a way of selling them, so must start a war. We all kno the result. A spark can kindl a conflagration that knows no limits.

Suppose that our reserch institutions should spend their resources in proving that germs wer the *result* of diseas rather than the caus. There is no dout but that they would decide that they *wer* the result of diseas. Such a decision would be disastrus to the great welth of material and mony that is now piled up becaus of the germ theory.

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Besides this, there is another great reason for institutions not being founded for proving that the germ theory is not correct. That is that sientists kno that the public would lose all faith in the modern "sience of medicin" if the findings should be against the present germ theory.

Yu wil say that the public pres has given us many reports regarding the great benefits achievd by vaccination and serum treatment. I can anser this by giving as an exampl of so-calld "expert testimony" right at our very doors. When one set of sientists ar hired to prove that poison is not in the stomac of a ded man, they somehow report that it is not there. When another set ar hired to prove that it is there, somehow or other they find it. This same diversity in expert testimony is found in nearly every trial where "expert" testimony is employd.

Some years ago in a notorius insanity case in the east, I was askt if I would make my findings in favor of the defendant if I wer employd by him. When I told them that I would make my findings according to the *facts* of the case, they told me they did not want me. Similar reports hav been given me by sientists of all kinds.

Now, is it out of the relm of reason to think that those who compile the statistics to prove that vaccination and serum therapy is beneficial to mankind should make them in the affirmativ? I am sorry to say that suspicion may rest on the compilers of the statistics in favor of vaccin and serum therapy.

Some wil say that the vaccin against tyfoid has been of great value. Let us look at the facts. The serum profylactic treatment for tyfoid began in February 1912. Careful investigation of army and navy records do not sho any such flowery findings as the sponsors for inoculation would make out. The diseas had been nearly wiped out in the army before the men had been inoculated. Tyfoid stil occurs and occasions deth altho every man in the army and navy is vaccinated and revaccinated against tyfoid. A peculiar circumstance is that at least one diseas has appeard that was unknown before the inoculation was introduced. This js what is calld "paratyfoid." Twenty years ago sanitary mesures wer given far les attention than they ar at the present time. Many wonderful strides hav been made in sanitation during the last decade.

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Sanitation, right living and right thinking wil stamp out any diseas.

The deth rate of the U. S. army in 1897 was 3.14 per 1000. The average for the preceding decade is given by the Surgeon-General as 4.77; but in the six months ending October 18, 1918, according to the figures from the Surgeon-General, publisht in the Public Helth Reports, the deth rate of soldiers in camps and cantonments in the U. S. was 23.01 per 1000. What was the caus of this frightful increas? If it was the Spanish Influenza, then why was it that so many deths occurd in the camps made up of yung, vigorus, wel-fed, and wel-cared-for soldiers who had been pickt out as being in the perfection of helth and cared for in the most sanitary manner? At the signing of the armistice there wer aproximately one and a half million troops in the U. S. The deth toll from the late epidemic was up to the first of October estimated 20,000. In a singl week in October there wer 6,266 deths attributed to the Flu in the camps. Even if the total deths for the whole period of the Flu wer only 20,000, the rate per 100,000 would be 1,333. In the civilian population, made up of the old, feebl, suffering, dying, as wel as infants and those living in a most unsanitary manner, the deth rate was on an average 302 to the 100,000. Thus it is seen that in spite of the vaccination and serum treatment, the deth rate in our cantonments and camps during this epidemic was about 4½ times greater than among our promiscuous civilian population. This is food for thot! It is astounding! It is a monstrus calamity! These findings should make every person who believs in liberty, especially medical liberty, demand an investigation.

Vaccination and serum treatment hav proved a gigantic failure and I believ is the caus at the present time of more deths than wars and pestilences.

During the past four years the whole sistem of living and thinking thruout the world has been fundamentally alterd. The times hav causd as gigantic a shock to humanity as if they had been thrown into midocean and told to swim for shore or drown. Parents hav mournd over the deth of their sons fighting for the overthro of autocracy. Those who wer not in the conflict did not kno from day to day when a volcano was going to explode under them. The whole world was war and

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rumors of war. The very horizon seemd to be colord with blood. Never in all history has the world been so disrupted. Things wer so disorganized that one could say with Macbeth that men appeard as trees walking and that darkness did the face of the erth entomb.

How then can we wonder that this pandemic has spred over the erth? Could we expect anything else? It did not need a soothsayer or a seer to predict this great world calamity. In spite of all these facts, sientists tel us that this pandemic is causd by some germ. If they did not claim it was causd by some germ, the great parasites (the serum and vaccin manufacturers) could not hav had an excuse for the use of their "hel broth" brewd by Satan's witches.

What has the public pres been doing to restore helth and confidence to the peopl? They hav employd hedlines that frighten the public and brot about a state of panic. They also advizd the mask, the devil's instrument for taking away from a person the very essential of life — fresh air. Insted of telling the peopl to smile and not worry, to eat and liv rightly, and avoid talking about calamity and destruction, they took the opposit course. What can we expect in the way of helth propaganda when the pres that molds public opinion wil do such things?

It is no wonder that the deth rate in hospitals was 15 to 20% more than in private families. In the hospitals insted of being met with a smile, the sick wer met with a mask.

We hear of the control of diseas. Diseas is not controlld, it wil hav its sway. Immunity in the way of personal resistance wil prevent diseas, and those who ar not found fit must pay the penalty. Sunshine, fresh air, temperate habits, and a happy frame of mind ar natural resistance bilders.

Fear is without dout the greatest caus of diseas. Fear is depressing, helth destroying, peace shattering. Fear has been spred broadcast over the land, and for what reason? Who has been benefited by this propaganda of fear?

The *Detroit Free Press* in an editorial hedded "Fear and the Flu" wel says, "The folloing facts, voucht for by a prominent physician connected with the Detroit Board of Helth, ar worth pondering at a time when the air is fild with Flu germs and with cautions, warnings, preventativ mesures, and treatments of the diseas.

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"While the State Flu ban was on, one of our hospitals, which is used exclusivly for contagious diseases, was crowded to its utmost capacity with hundreds of Flu cases. The nurses accustomd to handling contagious diseases took the same general precautions in Flu cases as in all others. Not one of them got the Flu.

"A few cases overflowd into another hospital ordinarily not used for contagious diseases. Here the nurses took all the precautions especially recommended against Flu but sixty of them came down with the diseas. Doutless fifty-nine of the sixty overlooked one precaution — they forgot to be unafraid. Ad to a bad scare an ordinary cold, and fever is almost certain to appear. A fever invites other complications quickly, weighs down bodily resistance, and there yu ar — redy for neumonia followd by flowers and slo music. Prescription: Avoid taking cold, but if yu do get one, do not think the wheeze of your pipes is Gabriel's call blown thru a Flu trumpet."

Suppose all the papers thruout the land had printed such sensibl articls, do yu suppose our street cars and bilboards would hav been coverd with placards reading:

"If yu hav the Flu, call a doctor."

"Any simptom of a cold or fever indicates Flu. Call a doctor."

"The Flu is a dangerus diseas. If yu hav any simptoms of it, go to bed and call a doctor."

"Pains in the legs may be the first simptom of Flu. Go to bed and call a doctor."

If this is not suggestiv pathology, what is it? Helth Boards should study sycology if they wish to prevent diseas rather than create panic and caus diseas.

The next time the Flu cums this way, as it surely wil if history repeats itself, I would propose signs like the folloing to be placed in all daily papers:

The FLU is causd by atmosferic conditions.
If yu liv and think rightly, yu wil not catch it.

Right living means right eating as wel as right habits.
The FLU likes a grouch, a cigaret smoker, a glutton.
To avoid the FLU, smile and liv rightly.

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Smile and fast and the FLU won't last.

The FLU wil fly fast from those who laf and fast.

FLU, FLU, FLU,
I'm not afraid of yu.

Why get blue over the FLU,
I'm not afraid of yu.

What can I do to wipe out the FLU?
Smile, fast, and say Shoo, Shoo!

What can I do to wipe out the FLU?
Smile, fast, and take castor oil too.

A furd tung indicates a bad stomac.
Do not eat for a day or two, and clean the bowels out wel with castor oil or epsom salts.
A clean, helthy stomac wil prevent the FLU.

If yu feel feverish or as if a cold wer cumming on, take a good dose of salts and do not eat for two days. Drink plenty of cool water.
Smile and keep the FLU away.

Avoid all coal-tar products and opium derivativs as yu would the bite of a snake. They lower resistance.
The FLU attacks those with lowerd resistance.

If yu get the FLU, go to bed. Take a good dose of castor oil or epsom salts. Eat nothing for two or three days. Drink plenty of cool water. Smile and do not worry.

Among those who hav had the FLU, but followd out the above directions, the deth rate has been practically nil, while among others it has been from five to seven per cent. or more.

Let this be our motto:

I wil *think helth*
I wil *talk helth*
I wil *attain helth* by
Eating les
Exercizing more
Cleansing the body inside and out
Looking on the bright side.

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In closing, I need not apologize for having said so much regarding the Flu, becaus what is true of the Flu is true of any diseas. Let us resolv henceforth to think helth, study helth, look for helth.

Let us try to hav helth-study made a specialty in our public scools. Let us try to hav the yung educated to kno that there is an effect for every caus. Let us all lern that to attain to perfect manhood and womanhood, we must project before our minds an ideal, and let that ideal be a being that thinks rightly and livs rightly, and in consequence thereof is a perfect image of our Maker.

Germs Make Them Hungry.

(Associated Press Dispatch)

Boston, Dec. 13, 1918.—Experiments undertaken by the Navy Department at the navy public helth servis hospital on Gallups Islands to asertain the caus and spred of influenza hav had merely negativ results, according to a report given out today.

One hundred volunteers who hav been under observation for several weeks hav had influenza germs placed in their nostrils and throats and hav eaten them with their food and some hav been inoculated with serums, but no cases of the diseas hav developt thus far.

Increast appetite and more vigorus helth hav been the only notisabl results of the experiment, according to the physicians.

Note.—Similar experiments hav been conducted by other investigators and their findings ar the same and always wil be, if honestly done.

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GLAND IMPLANTATION

It does not seem possibl that in this enlightend generation the implanting of glands of any sort from a ded person or a ded animal into a living one would be seriusly considerd, but thru a shrewd and expensiv method of publicity much has been said about it in the public pres of late.

To look for the "fountain of youth" without earning it, is like looking for the pots of gold at the end of the rainbo. Right living and right thinking wil banish "senility," and by so living no one would die of "old age." He would simply pas on into the other relm becaus it was time and becaus that is the natural law of the universe.

The very fact that "boards of helth" sanction the experimental implanting of glands, be they testicls or other glands, into the inmates of prisons or insane asylums, shows the debased and degraded set to which the medical profession and public look for aid.

One might with propriety say that anyone who seriusly talks of implanting glands from one animal or person to another to rejuvenate them, is a pervert, and a pervert of the most dangerus type. (Personally I think he is.)

"As a man thinketh in his hart, so is he."

The folloing is from the Helth Department of the *Los Angeles Examiner* of Oct. 29, 1919. It is so good and so perfectly voices my own sentiments that I can do no better than copy it.

"By Keeping Yung in Mind We Can Make Old Age a Mith

"The folloing letter to the editor is in itself an excellent editorial. It is a great pity that such filosofy cannot be universally taut.

We hav not yet determind the scope and power of what is cald 'human thot' and its bearing on our fisical and emotional nature. That its influence is great beyond our imagining we kno, and one of the possibl discoveries of the future wil be its regulation for the uplift and benefit of mankind. What we do kno beyond question is that human thot employd as our correspondent suggests wil bring about the identical condition he describes.

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This is so true that one wonders why men and women deliberately condem themselvs to premature old age by their own election. To be yung in thot is to be yung in spirit, and while the ravages of age may not be arrested merely becaus we deny them, there is no dout that many years can be added to life by retaining as much natural buoyancy as possibl, and if it has no other effect it may at least enabl us to gro old gracefully.

That is why we recommend that every reader digest this letter and at least resolv that if they cannot retain youth they wil not invite and encourage old age.

'Dear Sir:

'Allow me to say that I do not consider this latest discovery regarding the restoration of youth to those afflicted with old age worth any person's consideration.

No man can ever retain or regain his youth who has imprinted in the subconscious mind an impression of old age with its akes and pains and limitations, and yet that is the very concept that most of us carry in our minds and which gradually sinks into the subconscious and manifests in that condition which most of us dread, viz., old age and disability in its varius forms.

How often do we hear these negativ expressions, "I am getting old," "when I am old," "the older I get," "I am too old for that," etc., etc., and these suggestions being past on to the subconscious must sho forth in simptoms of old age and decline in vigor, and according to the law governing the subjectiv mind, it cannot be otherwize.

And not content with bringing old age upon ourselvs, we must pas these lovely suggestions to our fello men! I hav often herd the expressions "yu ar too old," "when yu wer yung," "yu ar getting on in years," etc., etc., used by persons who, of course, didn't kno any better, and these suggestions being nearly always accepted by the other party, who, of course, knew no better, must in time hav their inevitabl result, viz., old age and deth, helpt, of course, by auto-suggestion or race consciousness.

Man has always lookt outside for the "fountain of youth," and yet he has always had it within himself!

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The man who constantly carries a youthful concept of himself need never gro old, provided, of course, that he uses common sense in the helth essentials, viz., air, water and food, and should be as supl and energetic at 75 as he was at 25! And yet the average man considers that the age of 60 means the beginning of the end and begins to talk of the days when he was yung, and declares himself old and useless and — O, wel! "As a man thinketh in his hart, so is he."

To conclude, I maintain that no "dope" injected into the veins of a man can ever restore his youth except temporarily, so long as he carries in his mind a picture of old age, neither can he retain his youth and vitality becaus the negativ suggestions given the subjectiv mind must manifest in the outer according to the strength of the suggestions, for "As within, so without, caus, effect" is absolute law.

Truly yours, _____

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Space forbids my going into discussing the effects of nicotin upon the body in this book. The *Seventh Edition* of my *Lecture Course to Physicians* has much to say regarding the effects of nicotin upon the body and those who wish to get absolutely reliabl information on the subject may refer to that volume.

I might say, however, that the time wil cum when the use of cigarets wil be prohibited just as much as the use of intoxicating liquors is now prohibited. I do not believ the general public kno of the terribl calamity that cigaret smoking is to our land. How a self-respecting man or woman, especially of the educated or professional clas, can deliberately take up cigaret smoking and then continue in it, is a mistery to me. I understand that many contract the habit just to "settl the nervs," but like other dopes, it leads to nervs more unsettld after every smoke. I hav charity for those who contract the habit, but for those who wil continue setting the awful exampl to the yung, words ar too inadequate to express condemnation.

The cigaret habit is a terribl indictment against America with all her resources for lerning and enlightenment.

To even mention the sending of missionaries to foren cuntries, say nothing of doing it, is babyish. Some of the societies that pretend to be aiding the "poor hethens" ar so rotten with vice that even satan, if a person, would be ashamed to associate with them.

How any self-respecting publications can publish advertisments of the deth-dealing, nasty cigaret, I do not understand. It only shows to what a lo eb *commercialism* has brot not only the publishers but the public.

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BIRTH CONTROL OR MURDER?

No one would think of paying any kind of a price for a dog without a pedigree. Neither would they think of paying anything but a very ordinary price for a trotting horse or a milk cow without knowing their pedigree.

When it cums to human beings, however, it is *quantity insted of quality* that is wanted, judging from the laws as they ar now in vogue.

Altho the true meaning of "the law," as I understand it, is "the concensus of public opinion," yet on this subject I am sure it is a misnomer, becaus popular opinion is for birth control and the bettering of the human race — in other words, *quality rather than quantity.*

I am hartily in favor of any movement that wil giv the humans at least as good a sho as dogs, cats, horses, cows, birds, etc. Some may misjudge me for saying even this, but those who talk against birth control or selection of mates on the basis of pedigree, or I might better say *helth,* as a rule ar debased peopl.

If the family record, or even the personal record, of those who hav gotten the laws on the statute books against birth control wer known, I fancy many family skeletons would be brot out of concealment.

I feel sure that when the time cums (as it wil) when women hav the say in such matters, the selection of mates wil be on a basis that wil at least be on a par with that of the "lower" animals.

All Children Ar Legitimate

In a book of this kind I cannot very wel discuss the birth-control subject at any length, but I do want to bring my reader's attention to the subject of "legitimate children." *If there is anything on erth that is legitimate, it is the baby.* There is no motiv higher than that of bringing human beings into the world. There ar two fundamental laws of all life, *self-preservation* and *self-propagation.*

The child should not be condemd becaus its parents hav not been thru certain prescribed legal ceremonies.

The folloing appeard as an editorial in the *Evening Herald,* Los Angeles, of Oct. 18, 1920, and strikes such a vital subject

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that I am copying it here in ful. I hope it wil make my readers *think*.

"Dorothy Canfield Fisher, a worker for the Red Cross in France during the war, tels a story that should startl and put to shame the cuntry that ignores and therefore permits the killing, or worse, of 34,000 children every year.

"In France, when a child is born 'fatherless,' the government sees to it that the child has a chance to liv. As Miss Fisher says, the French government realizes that "while there may be illegitimate parents, about whom many harsh things can justly be said, there is no such thing as an illegitimate baby." In France they care for the unfortunate child, placing it with a woman, usually the mother of children, who is wel paid and whose interest is in the permanent welfare of the child.

"In this cuntry the attitude — public, private and official — toward an unfortunate, 'badly-born' child, would seem to make of that child a criminal, an offender against the law, a creature that cannot be too quickly kild by "baby farming."

"And this, in spite of the fact that: 'If there is a singl human soul on this globe who is absolutely free from the slightest responsibility about the conduct of those parents, it is the baby.'

"The åverage number of children 'illegitimately' born in the United States is 34,000. It is safe to say that at least 30,000 of these ar KILD, suddenly, or by slow starvation and neglect, the miserabl mothers as a rule not knowing what has happened to them, not daring to ask.

"Here is a picture, wel drawn, not exaggerated, of the treatment that our 'civilization' accords, not occasionally, but every year, to thousands of unfortunate girls.

"What awaits her and the baby? They disappear into a world the awfulness of which is beyond our imagination, a world of charlatans, unscrupulus or callus doctors and grasping, ruthless midwives, whose only idea — this is a plain, literal statement of fact—is to wring as much mony out of the girl as they can, counting on the cruel pressure society puts on her to hide and deny her own child; and after they hav extorted all the mony which playing on her terror and inexperience and confusion of mind wil produce, their next

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idea is to kil off as soon as possibl the baby which she has entrusted to them, in order that they may be free to start on another ghoulish hunt for another hapless girl whose innocent baby may be used as another lever to secure more money.

"And nobody raises a hand to prevent this! We mothers in homes 'don't know anything about it;' 'never thot of it before.'

"The worst is that baby killing on a wholesale scale is not confined to human wild beasts that for profit prey upon the unfortunate, unprotected mothers. So-calld 'charitabl institutions' ar past masters in the art of murdering frendless children.

"Of babies taken from unmarrid yung mothers and put in so-calld 'hospitals from 80 to 95 out of every 100 die.' This is an extract from an official report:

"A special study of babies who enterd one such institution while they wer les than a month old showd that in the fifteen years, beginning in 1900, not a singl one who was not removed from the institution within six months livd.

"This givs yu the record for one month of one small institution supposed to 'take care of babies':

"In September they took in fifteen and sent thirteen out to be buried, like littl drownd puppies or kittens, in the refuse-heap where the ded babies ar carrid, two of them in each box. If only one dies at a time the littl body waits a day or so til a ded comrade is brot to keep him company.

"How does that impress yu for 'Christian' civilization in the year of our Lord 1920?

"Christ said: 'But whosoever shal offend one of these littl ones which believ in me, it wer better for him that a milstone wer hangd about his neck and that he wer drownd in the depth of the sea.'

"And again: 'Take heed that ye despize not one of these littl ones; for I say unto yu, That in heven their angels do always behold the face of my Father which is in heven."

"Thirty thousand of them from America appear before that face every year.

"And in a 'charitabl, Christian institution' they kil 13 out of 15 babies the very month that they ar 'welcomd,' and for economy bury them two in a box. Quite a wide margin between Christ's TEACHINGS and 'Christianity's' DOINGS.

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"We hav strange ideas of 'Christianity' and of 'morals' in this cuntry where the law makes it a crime to teach prevention of childbirth and does nothing to protect the child or prevent its killing by slow torture once it is born.

"Our imaginations ar feebl. We do not realize that every child murderd in 'baby farming' dies a hundred times, as its feebl littl hands reach out pitifully for food and for affection, until its poor dying eyes turn from a cold brutal face to the wall and close forever.

"We organize funds, if yu pleas, for 'the poor children of Armenia.' We want this cuntry to send ships and an army to stop the atrocious murders. Did anybody ever suggest that the Turks murder 30,000 Armenian babies every year? No, the Turks ar a vicious lot, undoutedly, but they can boast no such average of murder as that.

"That magnificent average is reservd for the United States, THE LAND OF CHRISTIANITY AND CIVILIZATION, the land that thinks it ought to TEACH civilization to the rest of the world.

"Better begin at home and stop the murder every year of tens of thousands of children, whose only crime is weakness, whose misery is due to the fact that women ar weak, men brutal and all of us selfish."

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ANOTHER MEDICAL BLUNDER

Blood Examination Desired for Every Case of Stilbirth

In the August, 1920, number of *"Helth News,"* publisht by the New York State Department of Helth, is the above hedding (Blood Examination, etc.), and the folloing ar extracts therefrom:

"The average number of stilbirths in the State of New York for the last five years has been slightly above 10,000 and almost 4,000 of these hav occurd up-state. Prominent diagnosticians of the day estimate that at least 20% of this number ar causd by sifilis. It is wel known that sifilis may caus repeated miscarriages and abortions unless the mother recievs careful and thoro treatment. The Commission of Helth has therefore ritten the folloing letter to each physician of the State asking that a specimen of blood be examind in each instance of stilbirth, miscarriage or abortion. It is hoped in this way to discover those needing antiluetic treatment, and thereby reduce the number of stilbirths.

" 'Dear Doctor: The rôle playd by sifilis in the community life has been widely ritten and spoken about since the discoveries disclosed by the medical examining boards of the draft army. As physicians, we hav known for a long time that sifilis has been most ruthless each year in exacting its toll of reckt families and defectiv children, but how serius this tragedy is has never been determind. Many tabls hav been prepared attempting to sho the prevalence of sifilis, but owing to the small number of cases or to the restricted group from which the data was collected, these estimates hav never been accepted as applicabl to the general population.

" '*The Lancet* for May 26, 1917, contains an oration deliverd by the late Sir William Osler before the Medical Society of London on "The Campaign against Syphilis." This is a most excellent discussion of sifilis as a public-helth problem and should be red with profit by every practising physician. His arrainment of sifilis as a destroyer of infants is particularly drastic as is shown by these several quotations: "Sifilis is perhaps the most common caus of abortion. When I was a pathologist and physician to an infants' home we did not hav — nor did we need — Schaudinn or Wassermann or Noguchi to tel us of what 95% of infants died during the

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first month. Jonathan Hutchinson and Parrott and Diday and Fournier had told us that." Osler estimated that at least 20% of the stilbirths and between 15,000 and 20,000 of the 90,000 deths of infants within the first year reported in England for the year 1915 wer due directly to sifilis."

I want to call the readers' attention to the fact that this plea to physicians is to hav "the mother reciev careful and thoro treatment." Now the "treatment" outlined is by Salversan, which has been found to be almost useless, or by mercury which leavs the sistem in perhaps a worse condition than it was before the mercury was given.

No advice is given to the physician on natural methods of treating sifilis, which not only cures the diseas, but leavs the body in a good condition rather than a more decrepit condition. Very few physicians that hav not studied Nature's laws can realize that sifilis can be cured by diet and hygien along with powerful radiant light.

I also wish to call attention to the fact that the methods in vogue, and which ar recommended by the Board of Helth for asertaining whether a person hav sifilis or not, ar acknoledged by all authorities to not be correct fifteen times out of a hundred.

Take that into consideration with the fact that diagnosis as taut in the orthodox medical colleges of today does not pretend to turn out diagnosticians who can average 50% correct diagnosis.

All this propaganda sent out by *State* Boards of Helth ar instigated by the *Federal* Department of Helth and ar of the most insidius and damnabl type.

The hidden scheme is to put organized State Medicin—*political medical parasites*—in control of the pregnant woman and later of her child.

History has proved that "regular" medical men kno nothing about sifilis—neither its diagnosis nor cure. Yet they presume to "supervize" the "expectant mother."

When the peopl once realize that organized medicin never has cared, and never can care, a rap for the helth and welbeing of anyone, they wil wake up and smite every political bil introduced by the medical ghouls parading in the clothes of honest and humane persons.

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The clergy as a rule, ar hoodwinkt by the political doctors —State Medicin—in short ar aiding and standing for medical despotism.

The folloing is the wording of a petition being sent out by women voters who ar seeking medical liberty.

"We, the undersignd Women Voters ernestly petition and urge that yu oppose with all your strength and influence the Bil allegd to be 'for the public protection of maternity and infancy' known as S. 3259 and H. R. 10925. We hold this mesure is subversiv of Constitutional garanties of freedom of home and person; that it creates a medical inquisition revolting to womanhood in its avowd purpose to peep and pry into sacred personal matters; that it results in aggravating the perils of maternity; that it aims at the propagation of sectarian medical teachings and wil attempt the most intolerabl compulsions upon expectant mothers. See argument of H. B. Anderson, representing the American Medical Liberty League, in printed procedings of hearing on S. 3259, May 1, 1920, for further reasons.*

Altho the Boards of Helth pretend to hav preparations so that men wil not take sifilis, and a great amount of literature has been printed for circulating among men so as to tel them how to prevent "catching" sifilis, yet there is scarcely ever a word said regarding the unfortunate "woman in the case."

What a record it is for the State Helth Departments to sho such a tremendus array of sifilis when they pretend to hav everything not only to prevent sifilis, but to cure it if contracted. The fact of the matter is that the much vaunted preventativs ar not preventativs at all, as is evident by the number of cases of sifilis on board many of our men-of-war or in our armies during the World War. Thousands of men "took chances" just becaus they had a preparation that they wer told would prevent contagion. Today they ar subjects of charity — ruind by sifilis.

For further particulars address American Medical Liberty League, 64 East Van Buren Street, Chicago, Ill.

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"FLU" FINDINGS

The folloing articl appeard in the *Medical Summary* of Philadelphia, Pa., February and March, 1919, issues.

Several thousand reprints wer made of this articl and sent to interested physicians.

Many medical and other journals and publications printed extracts from this articl.

Since this articl was publisht I hav recievd authentic reports of over 4,000 more cases and after summing up the reports from all over the U. S., the deth toll from "Flu" under so-calld orthodox or "regular" medical care was 1 to each 18 cases, while from drugless methods the loss was les than 1 to each 860 cases.

Think of the thousands and millions who owe their lives to the drugless physicians!

THE "FLU"

Direct and Indirect Observations of Over Eight Thousand Five Hundred Cases

By George Starr White, M. D.

My specialty is that of diagnostician and consultant as wel as instructor of new and original methods in diagnosis and treatment. I hav pupils thruout the world and am in regular correspondence with several hundred physicians of all scools.

From my own practis and from the reports recievd from my pupils, I am abl to submit the folloing information regarding the "Great Calamity of 1918"—The "Flu."

To begin with, let me say that never before has the public had so littl confidence in the medical profession or in Helth Boards. On the other hand, never before has the public so intensely observd the newer and more natural methods of healing. If the "regular" physicians ever expect to again hold the confidence of the public, they must change their tactics completely.

If a general loses his hed, how can his subordinates be expected to be level hedded? Medical men, as a rule, so completely lost their heds during this epidemic that they died by the hundreds from fright or their own dope, as wel as frightening the whole nation into a panic. No greater

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panic could hav obtaind had a foren army been invading this cuntry by sea, land and air. Insted of being calm and using common sense to treat simptoms as they appeard, they rusht to telegraf offises and wired far and near for information as to the mode of procedure. The information they recievd from "hedquarters" often was the very worst that could hav been given, and to it can be laid the blame for the deths of thousands of our citizens.

Suppose an army general made such an awful mistake, what would be his lot? No excuses would be adequate. He would either be shot at sunrize or be retired to oblivion.

Do not infer that I think the medical fraternity ar all culprits or fools, but if they treated themselvs and their own families so they died, how can their methods be trusted?

We all knew this epidemic would surely reach us when it was raging in Europe. Did we benefit from their experience? No. I saw some of the advance-sheet information sent out by the Medical Boards of some foren cuntries. They said to giv certain coal-tar products and plenty of nourishing food. Some of these coal-tar products wer of foren origin and made by large foren corporations. Peopl died like flies in a trap while recieving such treatment, but soon this cuntry sent out similar advice thru the public pres and the Helth Boards.

Then, becaus the victims died so fast, frantic calls for serums and vaccins wer sent out, and every kind of stuf was grabd up, and doctors began to use anything in the serum or vaccin line. Stil the victims died and kept on dying. Not a singl large laboratory in the land set about to find out some natural method for conquering this great scourge. Like the ostrich, their heds wer set and there they hung rather than lift their heds to be liberated.

Why did traind men and women act thus? Their medical education is at fault. They hav never been taut to *think along natural lines*. Another reason is that the World War has undermined the mentality of many who might hav otherwize been level heded.

Let us get down to something that may help us next time, for a "next time" wil surely cum. History repeats itself.

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What Is the Flu?

That the flu or Spanish influenza is pandemic, there is no dout, for all parts of the world hav been smitten by it.

The flu and grippe ar entirely different diseases. The "old fashiond grip" has always present a certain germ That germ finds its habitation in those having the simptoms calld regular influenza" or "la grippe." Not so with the flu. If the "grippe germs" happen to be found in company with other germs in one suffering with simptoms calld flu, it is just becaus they stept over to see if the soil wer suitabl for their propagation.

The B-D-C Findings in Grippe and Flu

The B-D-C (Bio-Dynamo-Chromatic) tests ar made by means of colord screens. Years ago I found that a helthy individual exhibited certain reflexes when facing either north or south, if a certain tecnic wer carrid out. If, however, the person wer suffering from any toxemia, this magnetic-meridian reflex would not obtain. After much experimentation I found that certain radiant colors temporarily restored the lost reflex. The screen representing certain definit color radiations indicated definit toxemias. In this manner all known toxemias can be diagnosed at their very beginning—before they can be diagnosed by any other known method.

By means of the Bio-Dynamo-Chromatic method, all toxemias can be classified, and in a manner very unlike any other classification.

The reliability of my findings in Bio-Dynamo-Chromatics has been corroborated by two British sientists, Baines and Robertson. They hav proved by delicate instruments certain fundamentals in fisics that exactly coincide with my Bio-Dynamo-Chromatic findings.

The G-screen indicates regular, old-fashiond grippe or influenza.

Exhaustiv tests on flu victims giv a G-reflex if the case is of the old-fashiond type thruout, but if of the new 1918 variety, the screens 15, 17, 41, 49, 50, 84, 89, 100, 113, 134, and 144 hav elicited the normal reflex.

For exampl, if No. 15-screen would elicit the reflex, no other screen would, as a rule.

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In some complicated cases, several of these named screens would elicit the normal reflex.

These screens denote:

No. 15. Anemia with cronic dispepsia, hevily coated tung.
No. 17. Anemia with tyfoid simptoms.
No. 41. Tuberculosis with complications.
No. 49. Auto-intoxication with hepatic trubl, backake, eczema.
No. 50. Auto-intoxication with hepatic complications, derangement of internal secretions.
No. 84. Derangement of internal secretions, tuberculosis with some forms of auto-intoxication.
No. 89. Auto-intoxication.
No. 100. Some drug intoxications, anemia.
No. 113. Drug intoxications, some gastric conditions.
No. 134. Drug intoxications, auto-intoxication, disturbances in digestiv tract.
No. 144. Weakness and trembling; cases where homeopathic gelsemium is indicated.

The simptoms and the history of the case would always check up with the screen findings.

The majority of cases gave the No. 84-reflex or the No. 144-reflex if they wer sent to me before being drugd. If after treatment by coal-tar products of any kind, Nos. 100, 113 or 134 would elicit the reflex, depending on the kind of drug used.

Very many cases, after the patient was about, gave the A-reflex, which indicates tuberculosis. A few gave the F-reflex, which indicates malaria. Others gave the E-reflex which indicates a hepatic derangement.

Some remarkabl findings wer observd in those who had at some time contracted sifilis or gonorrea. Many gave a pronounst C-reflex if affected with sifilis, or a D-reflex if affected with gonorrea.

What the B-D-C Findings Indicate

In the first place, these findings prove that the grippe and the flu are not the same. They prove that the flu is not a "germ diseas." They prove that some agency attacks a susceptibl victim and the leading simptoms depend upon the condition of the victim.

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For exampl, a tornado wil uproot some trees, break off some, bend some, and apparently not affect others—all depending upon the tree's condition and resistance.

These findings also prove that any latent diseas in the victim is brot out. They also seem to sho that the patients wer often treated for flu when the case was entirely different.

Many who had been told they had the flu I found had only a deranged stomac, tonsilitis, cronic constipation, malaria, jaundis, histeria, dismenorrea, pregnancy, etc. The treatment and time proved my findings to be correct. Probably more gastric simptoms, concomitant with a cold and fright, wer diagnosed as flu than any other. Numbers told their physician they had the flu and told me the same, but I convinst them they wer suffering from fright, and nothing else.

Clinical Observations and Deductions

(*a*) In some families the strongest one would be stricken and the "sickly" ones went free, while one had been "exposed to contagion" as much as another. The "strong" one had eaten intemperately or had overworkt and was not careful of himself, while the "sickly" ones ate carefully and fortified themselvs more.

(*b*) Pessimistic persons wer attackt while optimistic persons in the same family wer not. This showd the mental factor.

(*c*) Hevy eaters fel victims more than others.

Those suffering with cronic constipation wer easy victims.

A hevily coated tung was often the first simptom, and then the "bad taste."

These simptoms showd the lowerd resistance from dietetic errors. They also showd the neurotic as wel as the digestiv factor.

(*d*) Insomnia was prominent with some, while narcolepsy (recurrent desire for sleep) was the leading simptom with others.

Cyanosis, the blue color showing at finger and toe ends and lips, especially after taking coal-tar remedies, was a common simptom. Some lookt as if poisond by gas, showing an oxigen starvation.

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Many complaind of air hunger. Nose-bleed was common. Irregular, premature or delayd menstruation was often observd.

Anemic persons wer often affected. Blood tests almost always showd a deficiency in white blood cels—leukopenia.

These etiological factors point to an impaird blood suply and a vasomotor disturbance.

(e) The odor of the skin was nearly always pronounst, showing a toxemia in some cases, and fear in others.

(f) The fatal cases wer nearly all victims of bronco-neumonia. They usually, if not always, began as bronco-neumonia, even tho the neumonia simptoms wer not at first observd.

This shows that had the patient and doctor realizd how serius the case was and had at once instituted the correct treatment, these cases would not so often hav been fatal.

(g) The majority of cases having the flu wer between the ages of nineteen and forty-five. Those who wer apparently the most robust fel the easiest victims. This shows that the robust ones either took greater chances and did not protect themselvs, or they had some unknown debility or intoxication.

Gonorreic persons fel easy victims, as did those who had been "immunized" against neumonia, tyfoid, etc. Their resistance was at a lo eb tho they did not kno it.

(h) One attack did not offer immunity, as some had it several times. Those who had real grippe last year or at any previus time, appeard to take the flu just the same as those who had never had grippe.

Treatment Observations

Those who ate "nourishing food" when they had a fever had a hard time or died.

All the coal-tar products appeard to seal the victim's fate. He went down rapidly and died.

The coal-tar and "nourishing-food" victims very often died as if "drownd in their own fluids." Impaird hart action and enforst toxemia seemd to be the caus.

In one family of four—parents and two strong sons over twenty years of age—the whole family had the flu. One son was treated by a "regular" and given coal-tar products. The other was treated by a "homeopath" but was given coal-tar

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products. The parents would take nothing. The two sons died, but the parents recoverd, tho nearly prostrated from grief.

Vcitims of opium products died too fast too hardly be lookt after. If ever a person wants to be alive and hav his wits, it is when he has to fight off toxemia. Taking down the red flag of danger by stupor does not make the road safe.

Strichnin forst the hart, as did adrenalin, and endocarditis resulted in scores of cases.

Cold aplications to any part of the body except the hed workt great harm. To put cold on the chest of one suffering from a toxemia is a crime. The body has to giv off just so much more energy to rais the temperature of the chilld part.

Hospital treatment proved disastrus. The records sho that the rate of deth in hospitals was appalling—40 to 100 per cent. in many instances.

Vaccination of all kinds proved fatal. In fact, those most vaccinated show the greatest mortality. Look up the army records. The sight is sickening. The deth rate among the pickt, tested, and vaccinated and serumized men in our cantonments was astounding and requires an "investigation."

Serums of all kinds proved of no avail. Some say they "seemd to help," but those who used steril, normal salt solution "to ease the patient's mind" got better results.

Cleaning out the sistem with castor oil or salines, and withholding all food except orange juice and plenty of water as long as there was any fever was the best plan of all, and saved more lives than any other one procedure except inspiring confidence and dispersing fear.

The doctors who met their patients with a smiling face and a "yu wil soon be O. K." salute wer heroes.

Those homeopaths who prescribed homeopathically achievd splendid results, but too often they followd "the official procedures" and kild their patients with coal-tar products and opium derivativs.

The "drugless doctors" or naturopaths scored a royal victory. Their reports ar nearly 100 per cent. perfect. They deserv a high place in heven for their nobl work and unshakabl faith in Mother Nature as their gide.

Of all the remedies employd, the essential oils hold the "grand prize." Just why the essential oils achievd such a

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"blue-ribbon" record is a matter of speculation, but this I do kno from years of experience—oil of cinnamon, cloves, eucalyptus, thyme, pine, etc., exert a profylactic and curativ effect in all mucus membrane affections that is truly wonderful.

Some claim it is the oxidizing property the essential oils hav on the blood. Others think it is the penetrating and "expanding" effect such oils hav on capillaries. Let the sages study the stars and the chemists their test tubes and retorts for a suitabl anser if they wish, but the results wil be the same, namely, that the essential oils ar our best remedies for grippe or flu, and as a preventiv they ar almost sure.

Flu Masks

Those who started the flu mask fad and tried to get it into a "legal mesure" deserv punishment. Some of the most ardent sponsors for the "mask disgrace" wer like walking cadavers thru whose vessels flowd printers' ink and whose bodies wer made up of doctord hospital reports and falsified statistics.

I can hardly believ any doctor is so stupid as to believ in this outrageous fad. They sought notoriety or some other recompense.

In certain cities they arrested peopl if they appeard on the streets without a mask.

The Berkeley, Cal., *Gazette* of November 8, 1918, reports that a Doctor in a talk at the Greek Theatre at Berkeley said to physicians that "The real value of the mask was to convince the public that at last it was wholly in the hands of the doctor, an object which had been sought for thirty years."

This same doctor came to Los Angeles but the city helth offisers and the Board of Medical Advisers refused to adopt his mask, and it was reported that he told them the same thing—that even if they wer opposed to the mask, it was a good idea to force the public to use it so the public would get accustomd to obeying the helth offisers and the doctors.

To cut the fresh air out of an air-starvd person, or to reduce the person's resistance by having them breathe their own breth over and over again, is a mesure belonging to

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witchcraft. The wearing of a dirty mask (and they certainly became dirty very soon) added to the fright alredy instild into the public. Look up the records and see just what an insane notion the mask was. Even in hospital wards those who wore the masks took the flu as much as those who did not. Insted of meeting the patient with a smile, the doctor met them with a mask on. No wonder the sick ones died!

Look up the records. Even with all the record-doctoring that some of our hospitals ar gilty of, the flu deth-rate sets a new record against "regular" medical efficiency.

The Closing-up and Quarantining Fads

The closing of all places of meeting was one way to frighten peopl and keep them looking down to see if the erth was to swallo them up. On the face of it, it might seem a good thing, but look again. The street cars wer packt as usual and saloons wer left open tho scools and places of worship wer closed.

Look at the quarantine ordinances. The victims wer shut up like wild animals and their fear magnified until only the robust fighters could liv thru it. The doctor could cum and go from the quarantined patients, but the patient was made to think he was a menace to society—a dangerus outcast. All these mesures and ordinances wer past becaus of the false idea that some germ causd the plague and that the patient might be a "germ carrier."

Observations as to the Caus of the Flu

As alredy explaind, from my Bio-Dynamo-Chromatic findings, I am sure that the flu is not a specific germ diseas. I mean by that, that no one germ finds its habitat in a person having the simptoms calld flu.

Some hav declared that flu is disseminated by sneezing, coffing, etc. At an isolated mine in Arizona the men had not been away from the mine for weeks before the flu was prevalent, and no one went there and no mail reacht them —not even a wire led to the place. Two of the men fel very sick with all the simptoms of the flu. The others did not hav it. Those two, it was said, had had dispepsia for years. "Contact thru lines of travel" surely did not giv these men the flu. A lighthouse keeper and his family at a remote

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point on Lake Winnipeg wer found sick with the flu when the tender arrived. This family had not cum in contact with a human being in months.

In the far north (out of all reach of "flu carriers") the population has been sorely stricken with the flu. Surely "germ carriers" did not set that fire burning.

In certain communities some families or members of the families had not left the place for the "city" for weeks. Neither had "city folks" been to see them. One or two in the family wer stricken and the others wer not. Surely "germ carriers" did not caus their sickness.

In certain districts not one person had the flu nor any simptoms of it, while in another section of the same city one or more in every family had it. In the several districts intermingling has gon on as usual.

In many families one or two of the members wer sick with the flu while the others wer not affected. The sick ones had had dispepsia or wer big meat eaters.

In one district I knew of three families, two of which wer badly stricken with the flu while the other one did not hav a simptom. The family that escaped wer vegetarians and careful in dietetics. The others "ate wel to keep wel."

In one town only two or three families had the flu. I lernd that all the "immune" ones took bred of a certain baker. This baker was a thinker and had never mixt corn in his flour as a substitute for wheat. He said such a mixture causd indigestion, and neither he nor his family would eat corn substitutes, so he made a mixture of rice or other flours. He said he knew his customers would not hav the flu.

It has been found that corn has been held for higher prices and was then dumpt on the market after it could hav undergon many chemical changes. In the corn-eating camps in Mexico, the peopl died in great numbers from the flu.

Corn and wheat flour mixt make a very indigestibl loaf. One of the directions I always giv my patients is to avoid such bred, for eaters of corn bred or corn and wheat bred hav dispepsia.

Every housewife knows that corn and wheat mixt wil make a "flat loaf" or "led loaf" as some call it, becaus the dough

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wil fall insted of rising. This I think is causd by the very activ fermentation in some corn-wheat mixtures. Certain kinds or qualities of corn wil not mix wel with wheat. Those who eat such bred or crackers hav sour stomacs and auto-intoxication, and consequently their resistance is reduced.

In some families I hav lernd that only "the grouch of the family" had the flu while the jolly ones did not.

In a certain perfumery factory not one had the flu. I lernd that they wer using essential oils and some very "loud" oils, as for exampl that from the civet cat. These oils surely changed the air in a peculiar manner.

In soap factories those who workt in the essential oils did not hav the flu.

In a certain cannery not one had the flu in the departments that cand or bottld or handld pimentos. The air in those rooms was impregnated with the odor of oil of pimentos—one of the essential oils that I hav found of great servis in preventing and curing grippe and flu.

One of the modalities I use in treatments, and which I teach to physicians, is oxigen-vapor inhalation. Oxigen vapor is the ionized air past thru certain oils of the pinus and eucaliptus group. The ozone or ionized air cumming in contact with the essential oils produces a terpene peroxid.

What may seem very remarkabl is that not one of the many whom I hav treated with oxigen vapor and not one of those whom my pupils hav treated in like manner has had the flu.

Oxigen vapor has been proved by laboratory tests to increas the hemoglobin and thus enhance the resistance of the patients. *There is no dout about this.*

When the flu scare was becumming acute, some of my patients askt me to prepare some essential oils for them to send back East to their families or frends. Some procured enuf for scores of families. After several weeks, or after the "wave" had past, I askt for a report of all cases that had used the essential oils. Not one who had taken the oils as a preventiv had had the flu, and not one who had the flu before recieving the oils but made a rapid recovery while using the oils. As these reports wer from all parts

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of the cuntry and from several different news gatherers, there must be something to it.

Some persons sent some of the prepared essential oils to their sons in France, and they report that the users did not contract the flu tho their comrades on all sides wer stricken with it.

Now, let us classify all these observations. They all point in one direction, viz., that the flu is causd by an atmosferic condition. All those who wer susceptibl had it in spite of isolation or masks. Fear and lowerd resistance from improper living wer the predominating etiological factors.

This peculiar atmosferic condition could easily hav been causd by the great European war or from the exhalations from the millions of persons whose whole nature had been "denatured" from thinking about the great struggl and its consequences.

If our great reserch institutions would spend one-fourth as much of their energy and mony in trying to find out the *natural* reasons for diseas and the natural methods for preventing and curing same, as they do in the "germ theory," it would not be long before a great light would shine forth for the benefit of all mankind.

I believ from my own observations and those of my collaborators that whatever "germs" ar found with flu (or any other diseas) cum to a suitabl soil the same as mosquitos find the stagnant water rather than making it stagnant.

I believ our findings prove that right living (sanitation included) and right thinking ar the only real preventivs for flu or any other diseas.

In the seventh edition of my "Lecture Course to Physicians and Aids to Humanity Helpers" I hav given much space to true statistics and proofs leading up to all our findings in this flu calamity. In that book I discuss the effects of mind over matter and the effects of certain vibrations over other vibrations—all showing that as we liv so shal we reap, and that a world calamity changes all of us whether we be near to or far from the sound of guns and the cries of the suffering.

Every investigator of natural methods knows that serums and vaccins hav never prevented any diseas and never can. Sanitation and right living and right thinking wil prevent

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diseas. Let all thinking peopl ask themselvs why the public pres and certain magazines report so much of good as cumming from serums and vaccins and forget to report the damage done by them. Then let them look about and see the millions and millions of dollars invested in making these vile substances and the fortunes spent in educating the peopl to believ in them.

Let the reading public demand an honest investigation made by *those not in the medical profession,* and let them demand that the reports be made public.

The public pres carries on a sistematic method of scaring the peopl. These scares caus untold harm. Cards wer displayd in the street cars in varius cities reading:

"If yu hav the flu, call a doctor."

"Any simptom of a cold or fever indicates flu. Call the doctor."

"The flu is a dangerus diseas. If yu hav any simptoms of it, go to bed and call a doctor."

If this is not degrading, I do not kno what it is. If it is not suggestiv pathology, what is it?

Such doings as this by the "Helth Boards" may fil the doctors' pockets with gold **now,** but look out. The public is thinking as never before. Helth Boards and real physicians should study sycology and caus and effect. Remember that the Huns decievd the nations for years but at last they wer "discoverd." If the public does not "discover" the methods of Helth Boards now, they ar more stupid than I think they ar.

The next time the flu cums this way (and it surely wil cum back), I propose signs like the folloing in all public places and in the daily papers.

"The flu is causd by atmosferic conditions. If yu liv and think rightly yu wil not catch it."

"Right living means right eating as wel as right habits. The flu attacks those who do not liv rightly."

"The flu likes a grouch, a cigaret smoker, a glutton. To avoid the flu, smile and liv rightly."

"A furd tongue indicates a bad stomac. Don't eat for a day or two and clean the bowels out with epsom salts. A clean, helthy stomac wil prevent the flu."

"If yu feel feverish or as if a cold wer cumming on, take

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a good dose of salts, and don't eat a thing for two days. Just smile and keep the flu away."

"If yu get the flu, go to bed. Take a good dose of castor oil or epsom salts. Eat nothing for two or three days. Drink plenty of cool water. Smile and don't worry."

"The flu wil fly fast from those who laf and fast."

Now, Fello Physicians, compare the above mottos. Which do yu honestly believ would make the public respect yu the most? Which would do the more to help humanity?

Yu might not make as much mony out of the humane methods as out of the "official" and Hun methods, but in the long run yu would be respected more and your life-work would not hav been in vain.

Summary

1. The majority of all laboratory findings, as wel as the Bio-Dynamo-Chromatic findings prove that the flu is not causd by any germs. They also prove that germs found in flu cases differ as the condition of the victim differs.

2. Observations seem to prove that flu is the result of an atmosferic or gastric condition and that those whose resistance is in any way impaird fall redy victims.

3. Anything that impairs digestion or increases auto-intoxication is a factor in causing flu.

4. Inoculation with serums or vaccins does not prevent nor cure the flu, but on the contrary makes the individual more susceptibl to it.

5. Manufacturers of serums or vaccins or those owning stock in such concerns try to keep the "germ theory" before the public and hide the real facts.

6. Fear and worry lower one's resistance, and so make the individual an easy prey to flu or any other diseas.

7. While flu was a fad, everything was diagnosed as flu.

8. The majority of the "Boards of Helth" hav tried to frighten the public and in so doing hav been "Boards of Diseas."

9. Playing the public may help doctors pay for a new automobile this year, but they wil make him sel it next year to pay his rent.

10. Keeping patients cheerful, giving them a dose of castor oil or epsom salts, and withholding all food except

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orange juice and plenty of cool water during any fever, ar the hygienic mesures to follo in all flu cases.

11. Rest in bed while there is a fever is one of the important procedures in treating the flu.

12. Essential oils, such as cinnamon, cloves, pimento, thyme, spearmint, eucaliptus, pine, etc., mixt and given in one or two drop doses on sugar or in tablet form every hour, ar the best remedies to prevent the flu or to cure it. Podofyllin should be given while giving the oils so as to keep the liver very activ.

13. Very few flu cases "ran into" bronco-neumonia, but on the contrary the case began as bronco-neumonia. For bronco-neumonia the essential oils and total abstinence from food giv excellent results. Rest in bed for at least a week after all fever is gon should be insisted upon in all bronco-neumonia cases.

14. The wearing of masks does more harm than good in handling the flu situation.

15. Any doings that keep the flu in the public mind, such as closing up stores, theaters, scools, churches, etc., or quarantining victims, does more harm than good.

16. The flu wil cum to a standstil after the susceptibl ones ar kild off or after the peopl hav acquired a suitabl resistance.

17. Right living and right thinking wil "control the flu."

18. Intoxicating liquors lower resistance and ar therefore factors in causing the flu.

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DIETETIC BRIEFS

*Senna Prunes for Constipation**

Over 1 oz. senna leavs pour 1 qt. boiling water.
Let stand 2 hrs. and strain, throwing away the leavs.
To the clear part ad 1 lb. wel-washt prunes.
Let soak over nite.

Cook in the same water over very slo fire, for about 20 min. Ad water to make up for what evaporates. (Or it may be simmerd down to make a sirup.)

If water has not been simmerd to a sirup, ad two tablspoonfuls of hony after water is lukewarm.

Eat one prune and a littl of the juice after each meal; or eat one, two, or three after the evening meal. Graduate the amount of prunes and juice according to looseness of bowels.

*Fruit and Nut Paste**

1 lb., or fraction thereof, of each of the folloing:
Unsulfurd Black figs (Carqué brand).
Dried Prunes (Carqué).
Dried Dates without sirup (Carqué).
Seedless Raisins (Sun-Maid Seedless, or Carqué).
English Walnut Meats.
Raw Peanuts if desired.

(With the walnuts can be added ½ lb. pecans, ½ lb. filberts, or ½ lb. pistachio nuts.)

Stone prunes, mix all together, and put thru meat chopper two or three times.

This makes a balanst ration and can be eaten daily with raw vegetabls such as raw alfalfa leavs and buds, raw lettis, raw spinach, raw dandelions, raw cauliflower, raw cabbage, raw celery, or any of the raw garden herbs.

If peanuts (which ar not nuts but ground peas) ar added, do not eat with acid fruits. Otherwize it can be eaten with any clas of food.

If one is constipated, ad *senna prunes* insted of plain prunes.

If one likes licorice flavor, they can ad an ounce of com-

*Taken from the *Seventeenth* edition of *"The Natural Way* or *My Work."*

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pound licorice powder for constipation, or two ounces of plain licorice powder for flavor.

*Helpful Helthful Hints**

Use no cigarets, tobacco, alcohol or other dopes.

Use no salt, tea, coffee, chocolate, cocoa, refined sugar, or vinegar.

Hony is a natural sweet if not cookt.

Never eat acid fruits with starches or sugars.

Never eat nor drink anything ice-cold.

As much as possibl, eat only one clas of food at each meal, for exampl, citrus fruits for brekfast and nothing else; raw vegetabls for midday meal and supper selected from the folloing: Raw lettis, spinach, alfalfa, or red clover leavs and buds, dandelion, watercres, parsley, cabbage, carrots, beets, turnips, spuds (white potatos), garden mint, fennel, ground artichokes, etc.

Remember one ounce of raw food givs more life and energy to the body than eight ounces of the same food cookt.

Raw, natural food contains the natural salts in natural combination ("vitamins"), but if cookt in any manner the solubl salts ar made insolubl and their natural, life-giving combinations ar changed into abnormal combinations, which caus the sistem to crave more and more abnormal foods. These ferment in the stomac or bowels and produce gas. Gas produces distention, leading to catar, gastritis, colitis, proctitis, constipation, diarrea, auto-intoxication, etc.

Humans ar the only animals that eat by the clock, eat when sick, or drink becaus they ar told to.

Eat only when hungry. Drink water when thirsty. NEVER eat when sick, especially when sick with a fever. *Be cheerful!*

My general advice to every patient is to lean toward a vegetarian diet—vegetabls, nuts and fruit.

As a rule, an over-nourisht person requires fruit, while a nervus individual requires vegetabls.

Do not wonder whether this or that wil agree. Forget about that while eating. If in dout, do not eat what yu worry about.

Do not wonder how many "calories" this or that contains. It is a "fool method" of feeding a person to hav them figure

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about "calories." One hundred calories with one person is not necessarily the same in value with another.

As a rule, nearly every one eats too much sugar and bred. Many cases of dispepsia can be cured by prohibiting the use of bred. Altho bred is known as the staf of life, it wil often be the club.

If yu ar grouchy and out of sorts, don't eat. Food to the angry man is a poison. Never be afraid to make a clown of yourself at the tabl. Jest and mirth at meal time ar better than the best physicians' prescriptions.

Eat when in a happy mood. If the happy mood can't be found, don't eat.

Don't read while eating. It's a fool's way of "saving time."

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LEMON-JUICE HYGIEN FOR THE MOUTH AND TEETH*

The folloing method not only *prevents* Pyorrea Alveolaris but *cures* it.

This method is so simpl that it is ridiculed by many, but it is never ridiculed by anyone who has tried it.

I think this method is original with me altho the use of lemon juice or lime juice for preserving the teeth has been known by Indians for centuries.

I kno of persons who hav been using this method for over twenty-three years with almost uniformly good results.

The tecnic is as follows:

In the morning as soon as yu arize, take a fresh lemon and cut it in two as shown in Fig. 101 of the text. Then squeeze the juice of half of the lemon into a glas of cool water (never ice water). Mix it and drink it, at the same time gargling so as to get the solution on all parts of the mouth and throat. Squeeze the other half into another glas of water and drink it.

Then take one of the half lemon peels as shown in Fig. 101 of the text and place in it a teaspoonful of cool water. Take a tooth-brush and work it up wel in the *pulp* of the lemon peel. Use this to brush the teeth with. Brush them wel, moving the brush upward and downward as wel as crosswize. Be thoro with this clensing and do not be afraid to get a littl pure lemon juice on the teeth.

Fig. 102 of the text shows two styles of lemon squeezers that can be used for squeezing the juice of the lemon. The one on the glas is made of aluminum, and the one with the dish attacht is of glas.

After the lemon water has been drunk and the teeth hav been thoroly clensd as above outlined, take hold of the tung with the fingers of one hand, or with a cloth in the fingers as shown in Fig. 103 of the text, and with the other hand rub the *pulp* side of the lemon peel on the upper side of the tung, reaching back just as far as possibl. Rub or scrape the tung vigorusly, pulling it out just as far as yu can.

*This is an extract from the chapter on *Mouth and Throat Hygien* in the *Seventeenth Edition* of *"The Natural Way* or *My Work."* Anyone who wishes reliabl information regarding the natural, drugless method of caring for the eyes, ears, nose, mouth, throat, including tonsils and adenoids, is referd to *"The Natural Way."*

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Then "taste of your mouth" and see how fine it is. I think yu wil agree with me that your mouth never tasted so wel before.

There is a reason for every detail given. In the first place the lemon juice in the water has a very beneficial effect upon the stomac and bowels if taken *immediately* upon arizing. It is one of the greatest aids for overcumming constipation. In the second place, *brushing the teeth with water workt up in the pulp of the lemon peel is the remedy par excellence for prventing and curing all forms of pyorrea alveolaris.*

This is not theory. I hav tried it so long and with so many peopl and hav cured so many of this stubborn diseas that I am redy to giv this method to the profession for the benefit of their patients. *Loose* teeth wil begin to tighten, the slippery or "scummy" feeling on the teeth wil soon disappear, and the teeth wil becum white.

In the third place, the drawing of the tung out as far as possibl is one of the best remedies for constipation that I kno of.

The same maneuver wil often stop pains in the stomac and bowels.

Thoroly scraping the tung with freshly cut lemon removes the "fur" that often collects on the tung of a catarral person, and enuf of the elements from this pulp ar carrid back into the mouth to hav a very plesant effect upon it. If one happens to get up with a bad taste in the mouth, this procedure wil rectify the condition.

By using a lemon as above described for two or three weeks, a person wil begin to see a decided change for the better in his mouth, stomac and bowels.

For brushing the teeth after meals, any good tooth powder, tooth paste, or plain water wil do. The object in clensing the teeth after meals is to remove the particls of food. Many use the pulp of a lemon several times a day after they hav becum accustomd to it becaus of the pleasant feeling and taste it givs to the mouth.

It does not seem as tho any thinking person could be decievd so much as to believ that pepsin can be put into a tooth powder and used for brushing the teeth in such a manner that the pepsin wil "digest the albuminus coating on the teeth." It takes some time for pepsin to digest albumin. Such tooth

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powders, as a rule, contain some gritty substances that polishes the "film" off the teeth.

If one use the pulp of a lemon as above described, they wil hav no occasion to look for any kind of tooth powder or tooth wash to take the "slippery feel" off the enamel.

For cleaning between the teeth, probably *dental flos* is the best—perhaps the old-fashiond quil is better. However, the quil wil not reach certain places that the dental flos wil.

In having the teeth fild, do not hav mercury used, becaus it often has a very deleterius effect upon the sistem. I hav seen some cases of *salivation* causd by mercury fillings.

Do not hav different kinds of metal side by side in the teeth. I hav had some patients who complaind continually of a *peculiar taste* in the mouth that I was abl to trace to a galvanic action of two different kinds of metal in the filling of the teeth.

If a person has lost one tooth, the tooth opposit is of no use in mastication unless another tooth is put in the place of the lost one.

Keep your own teeth just as long as yu possibly can. They ar far superior to any artificial ones.

Time and again a patient cums in for diagnosis and I see they hav false teeth, altho they may not be over twenty-five years of age. The old story is repeated so often that we kno it by hart—"My physician advized the extraction of my teeth to *see if* it would benefit my general condition." This is a terribl blot upon the knoledge of the physician.

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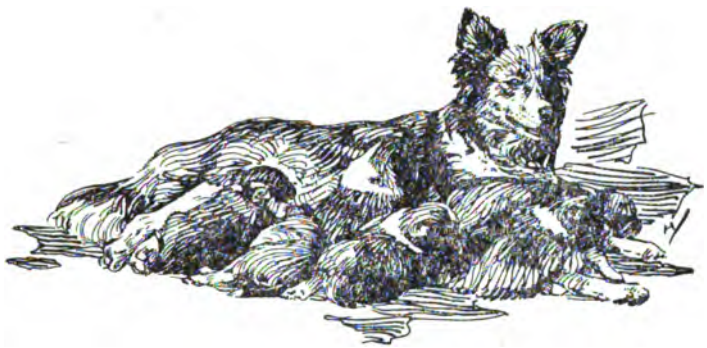

VIVISECTION, THE *UN*-NATURAL WAY

Just at this time throut the world, to torture or not to torture, to vivisect or not to vivisect, to be human or inhuman, to be humane or brutal, to be constructiv or destructiv, to make or destroy, ar topics discust in nearly every periodical.

I often reciev letters from humanity helpers as to how I stand on the subject of vivisection. I am often askt to speak in the interests of the antivivisection societies. My time is so occupied that I cannot go out on speaking tours, but I believ "the pen is mightier than the sword" and I can at least rite.

If every honest investigator would keep one salient fact in mind, there would be no vivisection. That fundamental truth is ***the caracter of organism determins the caracter of function.***

The functioning of lower animals is not the same as the functioning of humans. Most investigators forget the effect of mind over matter, and the torturing of animals becums to them an exciting art.

The majority of peopl ar born with a kindly feeling toward animals, and I believ it is from thotlessness that they becum cruel littl by littl.

The love for torture begins very often in the scoolroom where yung, sensitiv children ar taut to torture frogs, rabbits, guinea pigs, rats, mice, etc. Even the witnessing of struggling flies on fly paper is often a spark that kindls the fire of torture.

No good has ever been derived from the torture of animals

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or insects, and no good ever can be derived from such a practis. *It is unnatural and inhuman.*

In the olden itme the clergy and the physician wer lookt upon as leaders to better thots and deeds, but that day has changed, either thru commercialism or thru a growing tendency toward brutality. It is rare to read in the papers sermons on kindness toward animals ritten by either the clergy or the medical fraternity.

There is a reason for all this, and that reason lies hidden from most of the peopl. That great reason is *commercialism.* At the present time millions upon millions of dollars ar invested in institutions where the torturing of animals has been brot to a stage that the foulest demons of mithology did not outdo.

The only excuse that the so-calld "sientific" torturers can giv is that wer it not for vivisection the vaccins and serums could not hav been developt. This is the worst that could strike vivisection, becaus in reality *no good has ever been derived from vaccins or serums—and never can be.* In fact, when the grand summing up is made in the years to cum serumization and vaccination wil be lookt upon as one of the darkest blots in the history of so-calld civilization.

Sanitation and hygien prevent diseas. Never can the polluting of a helthy body with diseasd, putrid matter from a tortured animal do anything but injure the one into whom it is put.

Rong teaching and nefarius propaganda work hav made many physicians honestly believ that they ar doing the right thing when they put into the blood stream diseasd material. In time education wil rectify this, but in the meantime the helth of generations wil be undermined.

Probably vaccination and serumization is today responsibl for the majority of all ils. Proper sanitation and hygien would prevent all this. If medical statistics wer only compiled by those who make statistics a specialty or by those who wer not interested in vaccination and serumization, anyone who used serums or vaccins would be ostracised from decent society, but the trubl is that falsified records ar constantly compiled, and the hundreds of millions of dollars back of the manufacturer of serums and vaccins keeps propaganda going

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to deciev the peopl, to say nothing about the medical profession.

I kno of one manufacturer of serums and vaccins that pays at least one man right in my own community a thousand dollars a month to induce physicians to use their serums and vaccins. This same concern hires the shrewdest medical riters to be obtaind to keep articls before the medical profession and the laity regarding the benefits derived from vaccins and serums.

It was only a few days ago that one of the largest users of vaccins and serums in this city told me that he had never seen any good results cum from the use of serums and vaccins, but that the peopl wer educated to believ that they wer good and there was too much mony in it for him to try to educate them to the contrary, and as long as he could get from two to ten dollars a "shot" he was going to use them.

Another large user of serums and vaccins told me that he got as high as $100.00 for a singl injection of some serums that he knew "wer not worth a damn."

Some wil say that these persons ar exceptions to the rule, but I am in a position to kno that they ar not. Commercialism is back of all the propaganda work, including teaching, for serums and vaccins.

To giv an idea as to the fear that even booksellers hav of offending political medicin, demogs, or mercenary medical charlatans traveling under the name of benefactors who ar teachers in some of our largest medical institutions, I wil cite just one instance.

When I began the riting of my last two books, a dealer told me that he would take several hundred copies if I would say nothing against serums, vaccins, vivisection, or political medicin. He said his business was selling books, and altho he thot he believd as I did regarding these subjects, yet he said he was afraid his business would be injured if it became known that he was handling books that "hit the pocketbook" of the physician.

I told him I would say what I wisht to say regarding the matter, even if I had to giv every book away. Now, one year later, a representativ of that concern has been to see me and said they had changed their mind, becaus the trend of public opinion was toward the drugless physician, and that

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he would like to place an order with me for a large number of my books.

This is only a fair exampl as to the way peopl's opinions change, not becaus of the merit of the subject but becaus of the dollar.

We often see in print that all vivisection is done on animals that hav been anesthetized and they do not suffer. *I wish I could make everyone understand that this is a lie.* In the first place no normal reactions can take place in an animal that is under anesthesia, and in the next place no normal reactions can take place in an animal that is suffering pain. Therefore, no matter what is said to the contrary, there can be no true findings obtaind from vivisection.

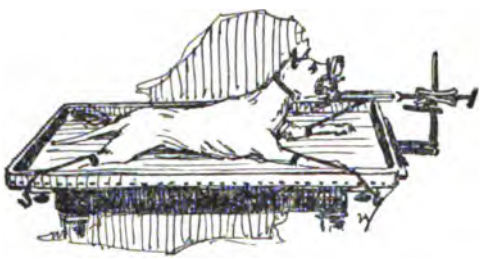

Figure A

The general idea among vivisectors is that anesthesia is detrimental to their findings. Therefore nine-tenths of all vivisection is done on animals without any anesthesia. I am not taking this from hearsay. I hav seen animals put into machines like that shown in Fig. A and hav seen them tortured to deth, and I hav seen and herd the torturers laf and joke over the dying agonies of animals so tortured.

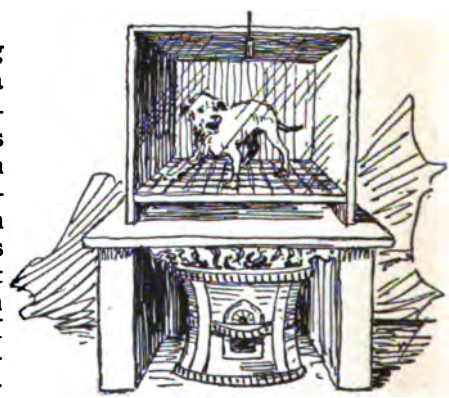

Figure B

No good whatever can ever be derived from such torturing. The men do it for the same reason that a pervert cuts up his mistress to see her rithe in agony — it givs a fiendish exhilaration that these perverts seek.

Fig. B illustrates an oven into which some of these horribl

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fiends place dogs, cats and other animals to be burnd alive so they can see the animal rithing in the agonies of deth.

All professed vivisectors ar perverts or monomaniacs — either born that way or degenerated into that condition.

Figure C

Fig. C is partly sketcht from an actual scene in one of the large drug manufacturing places in the United States. It represents a method of producing "pure gastric juice" from dogs that hav been mutilated so that when food is given them it falls out of a hole cut in their throats, and the stimulation of the food occasions a very large secretion of gastric juice which is caut from a hole in their stomacs and is carrid to receptacls and then filterd and sold to the unsuspecting public. This method of making gastric juice is so cheap, I am told, that many manufacturers ar going into it.

This is just one instance where the torturing of animals is put into commercial use.

The manufacture of smallpox vaccin is done under almost as much torture as that shown in Fig. C. Altho political doctors kno this, yet they deliberately try to put laws into effect that would make yu or me put this product into the pure blood stream of our littl ones.

Only a perverted mind can reason in favor of this becaus there ar enuf statistics at the present time to prove that vaccination or serumization has never done any good and has done nothing but harm.

Right here I want to again call attention to the book entitld, *"The Horrors of Vaccination Exposed and Illustrated"* by Charles M. Higgins of Brooklyn, New York. Many similar books hav been printed and sold by the thousands, and that is one reason why public opinion is beginning to turn — the public is beginning to kno the truth, and cannot be camouflaged by commercial doctors or animal torturers much longer.

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Fig. D represents a scene that I once witnest in the New York harbor. The son of one of the vivisectors in one of the largest vivisection institutions in the world fel into the water and would hav drownd if a dog had not jumpt in and saved him. I am sorry to say that even this nobl act did not convert the yung man's father.

Figure D

California is one of the states that is waging a fight against vivisection, which wil be won in time.

The folloing is a letter that I rote last April to Mr. R. R. Logan, president of the Anti-Vivisection Society of Philadelphia, editor of *The Starry Cross,* an antivivisection journal publisht in Philadelphia, Pa. This articl was copied in the *Los Angeles Times,* June 13, 1920.

"Dear Mr. Logan:

I askt a doctor the other day if he had signd the anti-vivisection petition. He said he hadn't and didn't think he would, for vivisection had done too much for man, and a few guinea pigs and cats and dogs didn't matter in comparison with the benefits which sience had derived from experiments upon animals.

I askt him if he could name a singl benefit derived from vivsection, and he anserd, "diftheria anti-toxin." I told him

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to use common sense and look into the matter for himself and he would find there wer more deths from diftheria today than in the days before anti-toxin was introduced. I told him that in New York State, while there ar only five deths a year from smallpox in twelv million population, there ar over thirty known deths a year from vaccination and thousands of persons injured irreparably besides.

The ordinary physician isn't a bad fello. He just doesn't think for himself any more than this doctor I was talking to. The worst of it is the vivisectors corrupt and pervert the yung fellows (the students) until they ar hardend. I kno how it is, as I hav been thru the mil myself. I hav seen the students shrink at first from the horrors they wer forst to witness and then gradually gro used to them and becum callust and indifferent to the sufferings of the animals.

I shal never forget the first cat I saw tortured. It was a beautiful pet angora with a ribbon round its neck holding a bel. A littl boy had brot it to the laboratory and I said to him, "Where did yu get the cat, sonny?" "Oh, I got it," he said. "But where?" "I got it over in somebody's yard." And he laft and jingld the fifty cents the doctor had given him. Shortly after I saw the same beautiful cat in the laboratory naild down to a board with nails clampt over its paws, and a lot of students wer gaping at it. Several of them blew cigaret smoke in its face to see how much it would take to make it sick.

I hav seen splendid dogs, too, big collies, naild down or strapt down, and cut to pieces. I remember one fine big fello fastend down and cut wide open. They had a "fish hook" in his hart, attacht by a string to a recording drum. I said to the professor, "What do yu do this for? Don't yu kno that if an animal suffers his hart wil not beat normally?" He said, "Ar yu here to teach?" I said, "No, but I hav feelings." "Get out," he said, "if yu don't like it."

There is no help for the students. They just hav to get used to it and hardend, and, as for the *leading* vivisectors, they ar not human at all. They ar fiends obsest by the lust of killing and torturing.

Recently a medical major of the army was in my offis. After he had made sure that no one else was in hearing distance, he said that he wanted to tel me something but

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that he would be courtmartiald if his name wer used. He said that he used to think that I was biast in my opinions regarding vivisection and serums and vaccins, but that his experience in the World War had taut him that vivisection made brutes of the yung doctors as wel as the older ones. He said a great many of them just delited in torturing the sick soldiers. He said he had been thru "hel fire," but the lack of feelings and simpathy shown by the majority of doctors palld on his mind more than anything else. As for the serums and vaccins used in the army, he said he considerd that they did only harm and that there must be some "nigger in the wood pile" or they would never be used. He said he had seen thousands made sick from their use and a great many kild by them, but never had he seen a singl instance where they did any good. *Sanitation,* he said, was the real preventativ of diseas.

I do not believ it is generally understood that human beings ar being used in vivisection work, but such is a fact. It is only a step from the torturing of animals to the torturing of the insane, the poor, and the defenceless child. Branches of one of the largest animal-torturing institutions in the world ar now being establisht in foren cuntries where they can hav more access to human beings and where the los of a few thousand lives wil never be questiond. A fiend or pervert is always seeking new fields for gratifying his inhuman instincts or desires.

The folloing ar extracts from a few of my letters ritten to campaign managers of the anti-vivisection movement in California.

When a yung man goes into the regular orthodox medical college, he is first put at dissecting a ded human being — a cadaver. These cadavers ar gotten from the morgues or from the county hospitals, and ar the unfortunates who ar not claimd by any relativ or frends.

After the medical student is traind in this dissection, which of course is beneficial, if carrid on in the right manner, he is taken to the vivisection room and taut to torture animals. If any object to seeing animals tortured, they ar just as sure to be conditiond in one of the minor or major subjects as the sun rizes. They ar immediately spotted and everything is put

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in their way to keep them from getting thru. In other words, no student is intentionally allowd to graduate and reciev his degree of M.D. that wil not stand for the torturing of animals without saying a word.

Then cums the experimental work in the free clinics. The free clinics ar supposed to be run by the institutions for the good of humanity, but on the contrary they ar run to giv a medical student practis, and for the regular physicians to also experiment on. Most of this experimentation cums from the morbid desire to see how much pain a person can stand, or what effect some dope or some new preparation in the way of a drug wil hav.

There ar new "remedies" being exploited all the time, and free clinical material is what physicians want to test these different things out on. It is not that we haven't in Nature's great storehouse enuf of everything to treat any human being, or other animal with, but it is *commercialism* that is back of the exploiting of many claptrap devices and combinations of drugs that urges the doctor to try out his drugs on some "clinical material."

Some years ago I witnest an operation done by one of the most celebrated eastern surgeons. This operation was not at all necessary, but he told a frend of mine that he was going to "make a case" so that he could try out a certain anesthetic. It was arranged that one of the interns in the hospital should tel a "free patient" that a certain abdominal operation was necessary. This the intern did, the operation was performd with a great deal of ceremony before a lot of visiting doctors, and the operation was "a great success" and great aplaus was given the operator. However, the victim died before morning. The result was never given out, but I askt a nurse about it, saying that I had a premonition that the patient died before she came out of the anesthetic. The nurse said that she did, but said she was not to tel or she would be expeld.

At another "free clinic" I saw a wel-known nose and throat specialist in New York City "make a case" for exhibition by operating on a poor girl's tonsils. This girl's tonsils wer alright, but the case was a trumpt up one becaus the surgeon wanted to sho at some meeting a tecnic that was his hobby. The operation was performd, blood-poisoning set in, and the girl died.

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Only a few years ago I knew of over twenty cases of children of poor families having their eyes operated on for a certain test. Their eyes wer alright, but the parents wer frightend into having the test made, and these children had an experimental inoculation in their eyes. I was told that seven of these children ar blind and the parents ar taking care of them the best they can as there wer no funds allowd the institution to take care of those that they cripld for life or to bury those that they kild by their experiments.

A few years ago one of the best surgeons in New York City told me that if I wanted to test out some of my reflexes on a living body that was open, he would "make a case" so the victim would cum out of the anesthetic while the abdomen was open and I could make the experiment, and they would giv more ether and sew her up. This surgeon said this as he thot to benefit me, but I told him what I thot about it. He laft and said that I was a "tenderfoot." This shows how hardend they becum.

It is no uncommon thing at our big surgical conventions in the east to hav case after case made up just to sho off some special tecnic in operations. The way these cases ar made up is to hav the intern in some of these clinics tel the victims that they hav a certain complaint and nothing wil save them except an operation, and that they wil arrange with the operator to do the work free of charge just becaus of their simpathy for them. Scores of these cases ar wel peopl, and that is the reason the cases ar made up, so the operation can be done for experimental purposes and demonstration.

It is no uncommon thing for surgeons in clinics to let a patient cum nearly or entirely out of the ether in order that a certain reaction can be examind while the body is opend. If the patient dies, it is a case of "hart failure" and is spoken of as "another has flown."

I could go on and quote cases like this by the hundred that hav cum under my own observation, and any physician who has been thru the mil could tel the same if he dared.

A few years ago an army surgeon owed me a few hundred dollars. I called on him to collect same. He told me he was "temporarily broke," but he would soon be "flush," as he had arranged with an intern in a large hospital to frighten

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a few "wel-to-do" patients into an operation and then direct them to him on a "fifty-fifty" basis.

It was only within the last three years that one of the best known surgeons in New York City in a public meeting of surgeons made a declaration in the following terms: *Now that the public has been educated to the point of believing that nothing can be done for cancer except to hav it cut out, let us instruct all physicians to call every lump a cancer and then there wil be no hesitancy on the part of the patient to hav the operation done.*

Anyone who keeps track of the so-calld orthodox medical literature of today wil kno that the whole trend is as this surgeon instructed.

Only a few years ago a doctor in New York City wanted to experiment with some radium and he arranged with a surgeon of nation-wide reputation to do the operation, and the novis was to plant the radium in the liver. This was to be done so that the effects on the sistem could be studied, altho there was nothing the matter with the patient to call for such a hazardus operation. A reporter was engaged and a ful report was ritten by the would-be radium specialist and signd by the surgeon, and handed to the reporter for him to fix up in reporting style.

This articl was put in one of the largest dailies in New York City and took up between two and three colums, telling of the wonderful results folloing the implantation of radium in a person's liver for the cure of cancer or anything else. The patient was ded the morning the articl came out.

Similar occurences hav taken place in some of the largest radium-boosting institutions in America as the result of the wide publicity given to this novis in radium. He was haild as a famus specialist with radium and the business that was sent to him made him rich enuf to own a great deal of valuabl real estate, within a short time. He retird and took only such "big" work as brot in enormus fees.

Within the last three years I askt a wel-known radium specialist if he could tel me just what radium was good for in the treatment of diseas. He told me that he would tel me confidentially that he did not think it was worth a d—— for anything except skin cancers. I then askt him if there wer not plenty of modalities for curing skin cancers other than

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radium, and he said there 'wer, but radium brot the most mony. I askt him why he was exploiting radium in a certain institution for the treatment of all sorts of ils, and he told me that it was becaus thru printers' ink the public had becum hipnotized with the idea that radium was a cure-all and therefore demanded it, and he saw no easier way to make a lot of mony than to get a thousand dollars' worth of radium and hav it publisht that he had one hundred thousand dollars' worth and get a thousand dollars for a treatment without any risk of the radium ever wearing out.

He told me that if I wanted to get rich fast I should use radium, and the newspapers would giv me publicity.

I hope the above few cases wil prove to your satisfaction that the training given yung men in our modern medical colleges is the basest of the base, and is so degraded that it takes only the strong to cum out without being ruind. The tactics in these medical institutions ar such that if a student makes the least protest, he is immediately conditiond so as to discourage him from trying to go on with his work. In other words, the professors and instructors in our large medical colleges do not want anyone to possess the degree of M.D. unless they ar just as bad as they themselvs ar.

Within the last six months a nurse in training in one of our hospitals in Los Angeles was expeld becaus she employd for her private physician an osteopath. It was on the understanding that I would not tel the name of the hospital nor the name of the nurse that I was informd of this fact.

The folloing is a copy of a letter ritten by me to the editor of "The-Care-of-the-Body" department of the *Los Angeles Sunday Times* and was publisht in that magazine June 25, 1920.

An Army Surgeon's Experience.

Nite before last a physician army offiser calld in to see me. He showd me his credentials, showing that he was a member of the A.M.A. and had been for twenty-five years. He was a graduate of the Johns Hopkins University, and said he had been in the government servis ever since he was graduated. He said the only treatment he had ever recievd was at the hands of the government employd physicians.

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During the war he was in the servis overseas, and in times of "peace" he was stationd wherever the government sent him. He is a total fisical wreck, and I think beyond human aid.

He said he knew of my work and had known of it for years, but like many others of his own clique, he had scornd it until he saw that everything the organized medical staf did workt for il rather than good in his behalf.

He said he lernd nothing about dietetics in college, and had never met a government physician who knew anything about dietetics. He said the general advice given by all government physicians is, "Eat anything yu pleas, only don't eat too much."

He said that he wanted to meet me and shake my hand and tel me how thankful he was that there was someone who was not afraid to let the peopl kno that the care of hogs was being taut more to physicians than the care of humans in our government institutions. He said he knew he must soon die, and so was not interested much more, except to let advanst thinkers kno that the average government physician is of the lowest order among "educated" peopl.

He said that the only remedies that he knew anything about from his years of experience in the servis wer mercury, quinin, arsenic and iron, serums and vaccins, and every type of surgery, which he said he had begun to think was simply butchery. He said his own confrères wanted him to be cut to pieces, but he had seen so many butcherd by them that he made up his mind to die as he was — with a prostate all puncht to pieces by passing metal catheters thru, and a stomac so dilated that he is not abl to take solid food, and a bladder so inflamed that he cannot hold his urin and has to wear a receptacl all the time.

He said he would be courtmarshald and die behind prison bars if it wer known what he told me, but as he was soon going to die anyway he was determind to giv me this information as he past thru Los Angeles.

I told him he might be abl to do something for himself yet, if he would change his methods of diet, and perhaps he wil recover more than he now thinks he wil. He is about fifty years old and looks eighty.

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It is often charged by the upholders of vivisection that none except weak-minded sentimentalists, mollycoddls and ignoramuses ar found in the antivivisection ranks. Here ar a few of the famus "mollycoddls and weak-minded fanatics" who hav tried to "block the wheels of progress and stop sience in her glorius career" by condeming the hellish practis:

Count Leo Tolstoy
Mark Twain
Bismarck
Rev. C. H. Parkhurst
Elbert Hubbard
Luther Burbank
Gen. Nelson A. Miles
John Ruskin
Thomas Carlyle
Charles Dickens
Lord Alfred Tennyson
Rev. Dr. Henry VanDyke
Laurence Irving
Victor Hugo
Longfellow
Sir Arthur Arnold
Rhoda Broughton
Cardinal Manning
Rev. Morgan Dix
Bishop of Durham
De Quincy
Ouida
Cuvier
Hamlin Garland
William Lloyd Garrison
Alexander Pope
Auguste Comte
William Dean Howells
Sarah Grand
Julian Hawthorne
Sir Henry Irving
Robert G. Ingersoll
Dr. Samuel Johnson
Sir Edwin Arnold
Henry Ward Beecher
Emile Zola
Richard Wagner
Queen Alexandria
Alfred Russell Wallace
Ralph Waldo Trine
Sir Walter Scott
Robert Browning
Wu Ting Fang
William T. Stead
Mrs. Minnie Maddern Fiske
George Bernard Shaw
Sir Lewis Morris
Queen Victoria
Cardinal Farley
Cardinal Newman
Prof. Goldwin Smith
Rev. C. H. Spurgeon
Henry Berg
Rev. Phillips Brooks
Voltaire
Archdeacon of Westminster
Schopenhaur
Cardinal Gibbons
Bishop of Manchester
Ernest Thompson Seton
Thoreau
Maurice Materlinck
Historian Freeman
Wordsworth
Gilbert K. Chesterton
Pope Pious X.
William Watson
Harriet Beecher Stowe
Lord Chief Justice Coleridge of England

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Annie Besant
Jerome K. Jerome
Frances Power Cobbe
Lord Bacon
John Bright
Late Earl of Shafsbury
Henry van Dyke
Mona Caird
Bishop of Canterbury
Marie Corelli
Madame Emma Eames
Pierre Loti
John Stuart Mill
Humboldt
Plato
Rev. Dewitt Talmage
Madame Cosima Wagner
Jeremy Bentham
Edwin H. Markham
Cicero
Senator Gallinger
Ella Wheeler Wilcox
Countess of Warwick
John Strange Winter
Florence Nightengale
Julia Marlowe
Ellen Beach Yaw
John Wanamaker
Lord Loreburn Lord Chancellor of England
General Booth
Elizabeth Stuart Phelps Ward
Matthew Arnold
Mrs. Frances Hodgson Burnett
Poultney Bigelow
J. Howard Moore
Madam Lilli Lehman
Whittier
Lord Channing
Brand Whitlock
Dr. Henry Bigelow
Lotta Crabtree
George Arliss
George T. Angell
Agnes Repplier
John Burns, member of Parliament
Philip Snowden, member of Parliament
Charles Kingsley
Baron von Weber
Fanny Davenport
Madame Adelina Patti
Lady Paget

The list could be indefinitly continued, but there ar enuf names here to sho that the greatest minds in the world ar against vivisection, and it is only il informd persons, or perverts, who ar sponsors for vivisection.

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The folloing is a copy of an educational pamflet gotten out by the *National Anti-Vivisection Society*, of which I am proud to be a member.

CRUELTY OF VIVISECTION

Grafic Portrayal of Its Horrors in the Ladies' Home Journal

By Albert Payson Terhune

The Tramp Dog.

Yes, he is an outcast. He must liv by his wits or he must stop living. The garbage pail in cities, and the garbage heap in the cuntry afford his most sumptuous and most nearly lawful meals. The least shelterless side of shed or allyway is his sole protection from storm and chil.

He has no human frends. In towns he provides the chief incum for the pound-keeper. In the cuntry he is the horribl exampl of editorial and legislativ thunders against "predatory dogs." Not once in fifty times does the Tramp Dog set out to be a tramp. But it is that or starv. And, unlike us worthy humans, he would rather liv by doutful methods than die.

He was once the mongrel pup given to some mauling child as a pet, a child who tired of him and kickt him out as soon as his fluffy body began to lose its baby prettiness. Or he was the house mongrel of some family that moved away and left him to shift for himself. Or he was one of a crossbreed, chance litter whose mother's owner was too kind-harted to drown the unwanted pups in first infancy, and who let them gro up as homeless wanderers.

Nobody wants him. From puppyhood he has lernd to forage for himself. His lot is tragic. His end is certain. If the dog-catcher's net or the motor car's whizzing wheels mis him, he must take his chance in one or more asinine "mad dog" scares or fall victim to some hencoop-ravaged farmer's poisond meat or shotgun.

If these fail to land him, there is always the vivisectionist ready and eager to pay for him. More Than Eight Hundred Stray Dogs in St. Louis Alone Last Year Wer Garnerd into the Varius Medical Establishments at Lo Prices, There to be Strapt to Tabls and Carvd or Torn to Shreds in the "Holy Name of Sience."

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IT WAS—AND IS—SO IN NEARLY EVERY CITY.

The captured Tramp Dogs are hung up with spikes in them; their lips are sewed together to muffle their screams; and they are otherwise tortured; while grave-eyed scientists take copious notes on the effect of various forms of agony upon the victims' hearts and nerve centers.

And the same thing is going on, all over the world, in spite of the eager and logical protests of the majority of normal men and women, men and women whose protests are guided by something better than maudlin sentiment.—*Ladies' Home Journal,* October, 1920, page 114, from article entitled "The Six Social Ranks."

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ANOTHER BARNACL ON THE WHEEL OF PROGRESS

Worse Than the Black Plague.

The procedures carrid out by political organized departments of "helth" thruout our "land of the free" ar outlined in the folloing extracts taken from a weekly bulletin (as of Oct. 9, 1920) of the department of helth of one of the largest and supposedly one of the most cultured states in the United States. In this same state more deths occur yearly from vaccination than from smallpox.

I profesy that becaus of the advancement in public opinion within a few years such orders or recommendations as ar here cited wil be clast with the most barbaric doings of a cannibalistic island.

It does not seem credibl that any educated body of persons can be so selfish and commercialized as to attempt to deciev the public in this manner. If anyone thru lack of education or from an ignorant fetishism wishes to hav their own bodies mutilated, that is one thing, but to attempt by means of the law to mutilate and fil with putrid diseasd matter the bodies of defenseless children is almost beyond the understanding of the worst yeggman.

As I hav often said, if any physician believs that vaccination wil prevent smallpox, they may vaccinate themselvs, the more the better, for they wil just so much sooner die off, but they should let other peopl alone. They need not be afraid of what the other fello may hav, but they insist upon others going thru the same barbaric rite. Of course nothing but commercialism can be back of all such movements. Education, however, wil right all this in time the same as it did the burning of witches, the bleeding of peopl for all manner of diseases, or the withholding of water from those dying from thirst — all of which wer once sanctiond by the so-calld "orthodox men of sience."

(Remember that "medical inspectors" must be as deep in the mire of political medicin as the department of "helth" (disease) that appoints them. Their *real* motiv is to create *fear* and caus diseas. If they don't they wil lose their job.

"Program agreed to by the Department of Education, the Department of Helth, and the Catholic Scool Board as to

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the procedure relativ to vaccination of children in the public and parochial scools of ————.

"In accordance with the law of the State of ————, it is the duty of the educational authorities to see that no child enters scool until it has been vaccinated, and for the Department of Helth to provide the necessary facilities for such vaccination.

"In order that this procedure may be carrid out in a uniform manner in the varius public and parochial scools, it has been agreed between the respectiv educational authorities and the Department of Helth that the folloing plan shal be effectiv:

1. That children entering scool for the first time shal be required to submit to the principl of the scool one of the folloing
   (a) A certificate from a physician that the child has been vaccinated.
   (b) Evidence of successful vaccination.
2. That in cases where children present certificates of vaccination but sho no evidence of successful vaccination, the matter should be referd to the medical inspector of the scool for his opinion as to the proper procedure. In every such case the medical inspector should cooperate with the scool authorities in seeing that the child is successfully vaccinated.
3. When a child presents a certificate stating that it would be injurius to its helth to be vaccinated, the certificate in question should be referd to the medical inspector of the scool for decision as to whether or not it should be accepted.
4. In the erly part of this scool term the medical inspector or nurse wil make a routine inspection of the children in the clasrooms to determin whether or not they hav been vaccinated. In all instances where no evidence of vaccination can be shown, the principals and teachers should cooperate with the medical inspector and nurse in obtaining vaccination for the child at the erliest possibl opportunity. Cooperation should also be afforded by the principals and teachers to the medical inspector and nurse in obtaining revaccination for children who hav not been successfully vaccinated within a period of four years."

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VACCINATION A PRODUCT OF FANATICISM

I believ all my readers kno how deeply I feel regarding the superstitious idea of vaccination. To my mind vaccination belongs to the same fanaticism as the burning of witches, and it is with gratification that I see the growing sentiment against this horribl practis.

I believ the time is not far distant when laws wil be past that wil make it a crime to put putrid, diseasd material into the blood stream of a human being, especially if that person be a minor.

I kno many physicians who, becaus of the way they ar taut, hav not lookt into this subject, but hav taken it for granted that what they wer taut in colleges must be true. Therefore I try to hav charity even for murderers.

The Seventh Edition of my *Lecture Course to Physicians* givs a mas of indisputabl evidence against vaccination.

Mr. Charles M. Higgins has collected substantiated facts and has gotten out a book entitld, *"The Horrors of Vaccination."* If anyone is the least inclined to believ in vaccination and is not posted regarding the horrors connected with it as wel as the commercial and political status it occupies, they should get Mr. Higgins' book.*

No one is so blind as he who wil not see when he has an opportunity to see.

Mr. Higgins sums up as follows:

"To sum up briefly, I think it may now be seen that several cardinal points against the evils of compulsory vaccination hav been proved by impregnabl legal, medical and historical facts and out of the mouth of high authorities on vaccination. These cardinal points may be stated in seven numbers as follows:

First: The illegality and unconstitutionality of all compulsory vaccination and its gross violation of Medical Freedom and Bodily Sanctity, which ar unalienabl American rights equal with Religious Freedom.

*This book can be obtaind of Mr. Charles M. Higgins, 271 Ninth St., Brooklyn, N. Y., or from *The Truth Teller*, Battle Creek, Mich., or from *The American Medical Liberty League*, 64 E. Van Buren St., Chicago, Ill. *Price, in paper cover, prepaid,* $1.00.

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Second: The medical barbarism and malpractis of all compulsory diseas as being opposed to all true standards of medical ethics and logic.

Third: The poor protectiv power of vaccination, which givs no immunity from smallpox except for short periods of a few months or a year and requires frequent repetition, which is obviusly ineffectiv as a protection and dangerus as a remedy.

Fourth: That sanitation, isolation and hygien hav been and ar the chief means of preventing and suppressing smallpox epidemics independent of vaccination.

Fifth: That vaccination is very dangerus to helth and life, causes epidemics in animals and mankind, and is oftentimes more fatal than smallpox, and *now causes more deths than smallpox.*

Sixth: That vaccinating doctors and helth officials most shamefully deny and conceal injuries and deths from vaccination, and falsify our vital statistics accordingly.

Seventh: That the practis of inflicting on the human body a compulsory medical diseas, which is dangerus to helth and life and causes many deths every year, is obviusly *illegal and a medical crime* on the peopl which must be suppprest.

Conclusion

As soon, therefore, as this crushing fact of the great danger of vaccination to human helth and life enters the mind and conscience of the mas of the peopl, and is fully graspt by the legislativ, the judicial and the executiv minds of the cuntry—from whom it has been so long conceald by medical falsehood in high places—this enlightenment wil, I firmly believ, result in the permanent abolishment of all compulsory vaccination, if not in the penal prohibition of general vaccination, as being now more dangerus than natural smallpox; and to that great fact and to this final and profetic thot, I ask your careful attention in closing this exposure of vaccination horrors and medical mendacities."

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The folloing is a copy of an educational bulletin gotten out by the *New England Anti-Vivisection Society,* of which I am proud to be a member.

HORSES USED FOR DIFTHERIA ANTITOXIN

By Walter R. Hadwen, M.D.,

In the *Abolitionist,* London, September, 1919.

How Antitoxin Is Made.

The method of manufacture of Diftheria Antitoxin furnishes a classical exampl of the manufacture of all serums used in the modern cult of serum therapy, whether of anti-plague serum, anti-tetanus serum, Sclavo's anthrax serum, anti-snake-venom serum, anti-neumococcic serum, anti-meningitis serum, etc., etc. In most of the preparations a horse is used as the medium for obtaining the serum, etc. but for the preparation of anthrax serum Sclavo uses a donky and for that of anti-plague serum Haffkine usually uses a goat.

Cultivating the Germs.

A portion of the membranus excretion which appears upon the throat of a patient suffering from diftheria is first extracted therefrom. It is necessary that it should contain the *diftheria bacillus,* for many diftheritic throats contain no diftheria bacillus at all. This excretion is then transferd to a special beef broth, which is kept at a certain even temperature in an incubator for ten to fourteen days, until the germs multiply millions-fold and the beef broth becums alive with them. It is recommended that the meat which is used for making the broth should be kept for some days until incipient putrefaction has taken place. The broth is then filterd, and the filtrate is employd for injecting into horses. At first only a few drops ar injected under the skin. The injections ar administerd twice a week in gradually increasing doses for a period of five or six months until the dose ultimately reaches as much as a pint to a pint and a half.

Effect of the Poison.

At first injections giv rize to a considerabl constitutional disturbance—as might be expected in such a blood-poisoning process. The animal's temperature rizes, it goes off its food,

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it may hav diarrea and shivering fits, etc., but the injections ar continued until the animal — if it does not succumb — ceases to react. It is then said to be "immune," and its blood is supposed to contain an *anti*-toxin capabl of neutralizing the toxin (i. e., poison) of diftheria. The bleeding process then begins, usually on the third day after the last injection of the poisond beef broth.

Drawing Off the Serum.

The animal's hed is firmly secured; if at all refractory a cruel instrument calld a twitch is fixt on the upper lip, and a long sharp-pointed tube is driven into the horse's neck over a large blood vessel, and two or three gallons of blood ar drawn off into a receptacl. This process is repeated from time to time until the animal is exhausted, or is sold or dies. The blood coagulates and the clear fluid which rizes to the surface — calld serum — is then put into tubes and sold at fancy prices under the name of "diftheria antitoxin."

How the Horse Suffers.

And what about the horses? These continual injections of poisonus matter and los of blood hav been found to produce amyloid diseas. The organs may becum so friabl that they literally break to pieces, and deth is apt to occur from spontaneus rupture and hemorrage. And this is the way the modern-medicin man is permitted by the government of a "Christian cuntry" to torture an animal in the closing years of a life of toil and duty faithfully done.

The injections of tetanus-toxins — that is, so-calld tetanus germs grown in the same way in beef broth — frequently produce horribl results in the horse, the animal falling prostrate after each injection, with legs extended, labord breathing and small pulse.

Is It Worth While?

If peopl ar abl to believ that these weird and cruel methods of treating diseas can be of any possibl servis, one can only admire faith's response to a very big demand.

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The folloing ar extracts from one of the many educational leaflets by the *New England Anti-Vivisection Society,* 605 Tremont Temple, Boston, Mass.

George M. Gould, M.D., Editor of American Magazine, late Editor of the Medical News, etc., says:

"*If* a very limited use of vivisection experiment is necessary for sientific and medical progress, *it should be regulated by law.* The practis carrid on by conceited jackanapes to prove over and over again alredy asertaind results, to minister to egotism, for didactic purposes — these ar not necessary and must be forbidden."

"Dr. Klein, a fisiologist, before the Royal Commission (England) testified that he had no regard at all for the sufferings of the animals he used, and never used anesthetics except for didactic purposes, unless necessary for his own convenience, and that he had no time for thinking what the animal would feel or suffer. It may be denied, but I am certain a few American experimenters feel the same way, and act in accordance with their feelings."

Prof. Henry J. Bigelow, M.D., LL.D., late Professor of Surgery in Harvard University, Surgeon of Mass. General Hospital, Member of Mass. Medical Society, etc., said:

"Vivisection is not an innocent study. It can be indiscriminately pursued only by torturing animals; and the word 'torture' is here intentionally used to convey the idea of *very severe pain* — sometimes the severest concievable pain, of indefinit duration, often terminating, fortunately for the animal, with its life, but as often only after hours or days of refined infliction continuously or at intervals.

"A man about to be burnd under a railroad car begs somebody to kil him. The Hindu suttee has been abolisht for its inhumanity, and yet it is a statement to be taken literally, that a brief deth by burning would be considerd a happy release by a human being undergoing the experience of some of the animals who slowly die in a laboratory.

George Wilson, M.D., LL.D., Author of Handbook of Hygiene, President of the State Medicine Section of the British Medical Association, 1899, said:

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"After all these long years of flickering hope, I am prepared to contend that the indiscriminate maiming and slautering of animal life with which these bacteriological methods of reserch and experimentation hav been inseparably associated, cannot be proved to hav saved one singl human life or lessend in any apreciabl degree the load of human suffering.

"I boldly say there should be some pause in these ruthless lines of experimentation. I hav not allied myself to the anti-vivisectionists, but I accuse my profession of misleading the public as to the cruelties and horrors which ar perpetrated on animal life. When it is stated that the actual pain involvd in these experiments is commonly of the most trifling description there is a *supression of the truth* of the most palpabl kind, which could only be accounted for at the time by ignorance of the actual facts. I admit that in the mere operation of injecting a virus, whether cultivated or not, there may be littl or no pain, but the cruelty does not lie in the operation itself, which is permitted to be performd without anesthetics, but in the after effects. Whether so-calld toxins ar injected under the skin, into the peritoneum, into the cranium under the dura mater, into the pleural cavity, into the veins, eyes or other organs — and all these methods ar ruthlessly practist — there is a long-drawn-out agony. The animal so innocently operated on may hav to liv days, weeks or months, with no anesthetic to assuage its sufferings, and nothing but deth to reliev."

Dr. W. O. Markham, F. R. C. P., Physician to St. Mary's Hospital, London, Lecturer on Physiology, St. Mary's Hospital Medical School, London, said:

"The proper and only object of all justifiabl experiments on animals is to determin unknown facts in fisiology, pathology and therapeutics, whereby medical sience may be directly or indirectly advanst. When, therefore, any fact of this kind has been once determind and positivly acquired to sience, *all repetition of experiments for its further demonstration is unnecessary and therefore unjustifiabl.*

"All experiments, therefore, performd before students, in classes or otherwize, for the purpose of demonstrating known facts in fisiology or therapeutics ar unjustifiabl. And they ar especially unjustifiabl becaus they ar performd before those who, being mere students, ar incapabl of fully comprehending

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their value and meaning. They ar *needless and cruel:* needless becaus they demonstrate what is alredy acquired to sience; and especially cruel becaus if admitted as a recognized part of students' instruction *their constant and continued repetition thru all time would be required."*

The British Medical Journal in an editorial said:

"The conditions under which—and under which alone—vivisections may be justifiably performd seem to us to be clear and easily stated. We would say then, in the first place, that those experiments on living animals, and those alone, ar justifiabl which ar performd for the purpose of elucidating obscure or unknown questions in fisiology or pathology; that whenever any fisiological or pathological fact has been distinctly and satisfactorily cleard up and settld, all further repetition of the experiments which wer originally performd for its demonstration is unjustifiabl; that they ar needless torture inflicted on animals, being in fact performd, not for the purpose of elucidating unknown facts, *but to satisfy man's curiosity."*

Prof. Theophilus Parvin, M. D., LL.D., Jefferson Medical College, Philadelphia, Pa., ex-President American Academy of Medicine, said in an address:

"While it is my belief that the majority of vivisectors pursue their work out of ardent love of sience or desire to benefit humanity (and I trust they carefully and conscientiously avoid inflicting needless pain), there ar others who seem, seeking useless knoledge, to be blind to the writhing agony and def to the cry of pain of their victims, and who hav been gilty of the most damnabl cruelties, without the denunciation by the public and the profession that their wickedness deservs and demands. These criminals ar not confined to Germany or France, to England or Italy, but may be found in our own cuntry."

The late Prof. Lawson Tait, M.D., F.R.C.S., LL.D., said in the Medical Press and Circular:

"Some day I shal hav a tombstone put over my grave and an inscription upon it. I want only one thing recorded on it, and that to the effect that 'he labord to divert his profession

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from the blundering which has resulted from the performance of experiments on the sub-human groups of animal life, in the hope that they would shed light on the aberrant fisiology of the human groups.' Such experiments never hav succeded and never can; and they hav, as in the cases of Koch, Pasteur and Lister, not only hinderd true progress, but hav ooverd our profession with ridicule."

Dr. John Elliotson, Physiologist, in Elliotson's "Human Physiology, p. 428, says:

"I cannot refrain from expressing my horror at the amount of torture which Dr. Brachet inflicted. . . . I hardly think knoledge is worth having at such a purchase, or that it was ordaind that we should obtain knoledge by cruelty.... A course of experimental fisiology, in which brutes ar agonized to exhibit facts alredy establisht, is to the disgrace of the cuntry which permits it."

"The ground for public supervision is that vivisection, immesurably beyond any other pursuit, *involvs the infliction of torture to littl or no purpose.* Motiv apart, painful vivisection differs from that usual cruelty of which the law takes absolute cognizance, mainly in being practist by an educated clas, who, having once becum callus to its objectionabl features, *find its pursuit an interesting occupation under the name of Sience.*

"In order that painful vivisection may be as nearly as possibl suppresst, not only by public opinion, but by law, it is essential that public opinion should be frequently informd of what it is and may be. Here lies the work of the anti-vivisectionist. Further, every laboratory ought to be open to some supervizing legal authority competent to determin that it is conducted from roof to cellar on the humanest principls, in default of which it should be, as slavery has been, uncompromisingly prohibited wherever law can accomplish this result.

"A torture of helpless animals — more terribl by reason of its refinement and the effort to prolong it, than burning at the stake, which is brief—is now being carrid on in all 'civilized' nations, not in the name of religion but of Sience.

" 'But burning was useless, while vivisection is profitabl.' Here we reach the kernel of the argument of the pain-inflicting vivisector. The reply is, that by far the larger part of vivi-

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section is as useless as was an *auto da fé.* It does not lead to discovery. The caracter of the minds of most of those who usually practis it makes this hardly a possibility. *Real discoverers ar of a different texture of mind, which yu cannot create by scools; nor can yu retard their progress by restrictions, put on all yu may. But restrictions wil and should cut off the horde of dul torturers who follo in the wake of the discoverer,* actuated by a dozen different motivs, from a desire for reserch, down to the wish to gratify a teacher or to comply with a scool requisition."

"Surgical Anaesthesia," by Little, Brown & Co., Boston, contains the folloing:

"The law should interfere. There can be no dout that in this relation there exists a case of cruelty to animals far transcending in its refinement and its horror anything that has been known in the history of nations.

"There wil cum a time when the world wil look back to modern vivisection in the name of Sience as it now does to the burning at the stake in the name of religion."

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MATERIALISM VS. HUMANITY

*The folloing ar a few extracts from an address of Hon. Charles Edward Russell On The Ethics of Vivisection, entitld "Materialism vs. Humanity," deliverd before the Society for the Humane Regulation of Vivisection, Feb. 16, 1920, at Washington, D. C.**

If we could go back about 150 years, a bil introduced to Congress to regulate blood letting would hav been met by a similar array of the medical profession as a body to prevent vivisection at the present time. Yu would hav been told as yu ar now that the practis the bil assaild was necessary to sience and the welfare of mankind.

Or go back some 80 or 90 years when it was held by the profession that if a man had a fever he must not drink water. If he did, he would die. All the medical authorities believd that as fervently as they now believ that to caus pain to dogs is essential to the progress of medical sience. Colonel Ingersoll in one of his lectures explaind what happend. Under that infrangibl rule of medical sience the sick almost perisht of torturing thirst until at last some poor sufferer said, "I am so thirsty I might as wel die anyway," and he got up and drank a pitcher ful of water and proceded immediately to get wel. So this unassailabl faith of the medical profession of that day was completely overturnd by a layman.

Or go to a later period. I remember when the medical profession advocated the use of calomel until the sick man's teeth dropt out. If yu had said in those days that calomel did more harm than good, yu would hav been recorded as an enemy to medical sience and the human race. If, further, yu had suggested that the poor human frame being il becaus it had one kind of poison, it was manifest folly to load it with another, yu would hav had the entire medical profession calling anathemas down upon your unlucky hed, as yu now hav for saying that the progress of mankind is not furtherd by torturing helpless and inarticulate beasts.

So it has been always. Whenever yu approach caste with any suggestion that caste has been making an error, with any proposal that touches the pride of that caste, the ranks of

*A complete copy of this address can be had of Miss Marjory M. Carrington, 2131 Florida Ave., N. W., Washington, D. C.

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that caste close against yu and reason and deliberation ar thrown aside.

So it has been with every forward step. The caste spirit has always been against it; the "facts" hav always been in favor of it. In the end *facts* hav overcum the caste spirit.

While gentlemen of one caste or another hav been proclaiming against any advance, the great forces that move men forward from darkness to light, from ignorance to information and from cruelty to love, work on the world unceasing and inevitabl.

I object to vivisection becaus it is absolutely futil. With care and reserch I hav red the testimony on this point. I hav faild to find a particl of evidence that anything advantageus to humanity has actually been won from this practis.

Take for exampl the appaling epidemic of Spanish influenza. The *old scool of medicin* in the face of this emergency could do nothing except hold its hands and say, "It wil hav to take its course." Then so far as Spanish influenza is concernd, how much better off is the cuntry than it would be if it had not an old-scool doctor in it?

All this time there was practising in this cuntry another scool of medicin that derives none of its theories from the torture of animals, that scorns the use of ded microbe serums — and that scool of medical practis was curing 90% of the cases of neumonia, without experimentation upon a singl animal.

Take beri-beri victims for exampl. A whole shipload of them wer cured by an uneducated layman without any serum or any mistical magic of ded microbes, but simply by a *change of diet.*

I am opposed to vivisection for the sake of the doctors. I am a frend of the doctors. They ar as a rule good men. They ar too good to be engaged in causing or defending unnecessary evil. I want to save them from themselvs.

I want to save the doctors becaus I kno perfectly wel that the diseas of diseases in 90% of the cases is *Fear,* and the ultimate result of this practis of vivisection is to increas the sum of human fear.

For every person slain by diseas 20 ar kild by the fear of that diseas. It is the almost universal fear.

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Medical training takes a yung man in college and begins sistematically at the outset to harden all his susceptibilities. He is traind not to betray a human sentiment. His education begins by torturing dogs before him that he may be familiar with pain. He is taut that simpathy and interest in his patient ar unprofessional.

I do not believ that any diseas was ever cured by internal medicin nor can be. There is more curativ power in a few words of encouragement, kindness and love than there is in the whole range of materia medica. But the whole process of training the yung medical student in the *regular* medical college is to harden his sensibilities, which kils every chance of simpathy on the part of the physician who should be the source of simpathy and your healer. Whether your physician be sientific is of the least moment to yu. What yu want is to be helpt, and all this hardening process the yung physician goes thru in college violates the only effectiv process of healing.

The old-style family physician, tho often without training in a medical scool, was much more successful than the modern practitioner armd with ful information about the brains of two hundred dogs. This was becaus the old-style family physician made so great a point of *cheerfulness, confidence, and hope.* He cheerd his patients, gav them encouragement and hope, and upon that theory he proceded.

As an exampl of cheerfulness vs. fear, I wil cite one case that I saw myself. Twelv years ago there was lying in a certain hospital in New York City a yung man who was said to be afflicted with an incurabl nervus diseas. Many distinguisht doctors came to see him. One evening about six o'clock they said, "He wil die before morning, and we wil hav the autopsy at eleven o'clock tomorro." One of the doctors said, "This is an interesting case and I cannot be here at eleven o'clock. I hav an autopsy elsewhere to perform at that hour. Can't yu make it at ten?" The other doctors conceded this becaus the case was so interesting. They felt all hands should hav a chance at it. Just as this was all settld, in came an old frend of this yung man. He said to the doctors, "Yu get out of here while the getting is good" and his gestures spoke louder than words, which I wil leav for yu to ges. He then came to the bedside of the yung man and said, "Old boy, listen to me. Yu ar not going to pas out. These doctors hav

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scared yu half to deth and yu think yu ar going to die, but we wil fool them yet." Three months later this same yung man was walking and beginning to feel as good as new. That was twelv years ago. That yung man servd thru the war and rose to a commission. Three months ago he was at my house to dinner as wel a man as anybody in Washington. Tel this to an old-scool physician and with a smile of superiority he he wil say "it is impossibl," but I saw it all myself.

Mankind has been benefited medically only in proportion as men hav cum to realize their natural power over matter and their inalienabl right to helth. There is no other progress. *Nature effects cures.* They ar not rought by serums, ded bugs, or other parafernalia of the modern witchcraft termd by the huge sardonic jest "medical sience."

If any of these eminent physicians, for whom I protest again I hav the kindest feelings, wil put before the public the actual figures of their actual deth lists from neumonia and influenza at the Walter Reed Hospital, and the army camps from influenza and neumonia, I wil put beside them the figures of the cures of those diseases effected by *drugless* healers, and I think that in the light of that comparison, it wil be with diminisht assurance that any of these gentlmen appear before any committee to insist upon the right to cut up dogs.

After 75 years of vivisection, they remain in the same condition of inability to cope with the commonest diseases. They cannot even cure a cold. Reumatism, probably the commonest diseas of all, they kno nothing about. After holding for seventy-five years that it was causd by an acid and to be cured by an alkali, they now decide it is causd by an alkali and to be cured by an acid, and neither process can ever adduce a singl instance of a cure. Why then do they insist upon more of this bloody work in their dissecting rooms?

I think such a high authority as Osler says that 70% of the diseases, whose allegd simptoms he describes, he leavs by saying that "there is no known remedy for this diseas." If then, after seventy-five years of vivisection they can arrive at no better results than this, my deliberate judgment is that it is time for them to acknoledge their failure and turn their attention to something valuabl.

I think enuf of the dum creatures hav been sacrificed on the alters of an unprovabl fetish. I think there hav been

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shrieks and moans enuf in its laboratories. I think that often enuf dissectors and demonstrators hav verified and trampld upon the first law of humanity, and it is time they should cease to do great rong under the plan of doing a littl good.

I think when we hav obliterated vivisection the medical profession wil begin to be really emancipated, becaus then yu would hav a chance to teach the yung practitioner not the allegd advantages of being cruel, hard harted and indifferent to suffering, but the properties, advantages and laws of the real curativ power of the world, which by whatever name it is calld is exprest in simpathy, love and hope; and in that way yu would reform the medical profession.

I hav been on iland after iland in the South Pacific. Everywhere I hav found a condition which indicated that before white man came, the peopl had practically no diseases becaus they did not kno diseas. Consequently they did not hav diseas. Then came the white man with his belief in diseas and introduced not merely diseas itself but the thot of diseas, the belief in diseas, and diseas followd.

Again I say *the fruits of vivisection ar nothing but degradation and delusion.* Vivisectors say, "What if it wer the life of your child weighd against the life of a dog?" The question is unfair and impracticabl. Who can say if the life of his child wer imperild what he would or would not do? If it is necessary to sacrifice the life of a dog in order to save the life of my child, let the life of that dog be sacrificed then without pain. Let us not slander the humanity with which we ar clothed. Let us not stand with superior intelligence that God gave us by using our strength and our skil for one instant of needless torture of those unabl to defend themselvs.

Vivisectors say that the life of a man may be preservd by sacrificing the life of a dog. I say to them that there ar certain limits beyond which it is not worth while to go in preserving the life of a man. Life bot by the sacrifice of self respect, life bot by cowardis or treachery is not worth having. Yu kno that life without honor is not worth having. Then I say that life that must be bot by such monstrus exercize of tyrannical power, life that must be bot by such a terribl act of cowardis, of cruelty upon the helpless and defenseless, life so preservd is not worth preserving.

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Life without the consciousness of righteousness, integrity, honor, truth — that is not life. To liv is to go thru this period of erthly existence with the consciousness that man has at least tried to walk uprightly in the sight of his Maker and that he has at least tried to fulfil the law of mercy, good wil, justis; above all, this law that *we do unto others as we would hav others do unto us.* With that law no ingenuity in man can possibly reconcile vivisection.

All the sofistries that ar spun on this subject, the whole body of theory and assertion, all the visionary saving of life and the benefiting of mankind, vanish absolutely when yu aply that one fundamental law. If that is so, how then can man, the image of his Maker, defend a practis so far from the one ultimate truth?

He prayeth wel, who loveth wel
Both man and bird and beast;
He prayeth best, who loveth best
All things both great and small;
For the dear God who loveth us,
He made and loveth all.

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ANOTHER FUNERAL OF A MEDICAL "FACT"

As this MSS. goes to pres I hav recievd in my monthly report from England the folloing items, which I kno wil be of great interest to my readers. This came in after the rest of this book was in type. Think it over, dear reader — just *think* and act to abolish all so-calld "Helth Boards," which ar working in sheep's clothing. They ar truly *Diseas* Boards and *Fear* Mongers.

During 1919 there wer in England and Wales forty-five cases of diftheria among a certain number who had recievd anti-tyfoid and anti-diftheria treatment, and only one case among the same number who had recievd *no* vaccination. (1 to 45 in favor of *no* vaccination).

This is one of the strongest nock-out blows to the antitoxin fetish that I kno about.

In the *official* medical report for the Isle of Wight for the year 1919, it was stated that no vaccinated case of smallpox proved fatal. I have an exact report of every case of smallpox of that whole year and during 1919 the only case that proved fatal was one that had been vaccinated, and nearly every case of smallpox for the year was among *vaccinated* persons.

I hav the record of each case, and the cases of smallpox among those who wer not vaccinated recoverd from seven to twenty-one days *sooner* than among those who wer vaccinated.

This wil giv some idea of the untruthfulness of *"official medical reports.."*

According to the actual statistics just recievd, the chances of an English child having smallpox today is about one in a million — this in England where vaccination is not compulsory.

The *London Times* givs a long abstract from the Aug. 28, 1920 issue of the *British Medical Journal.* Some of them ar as follows:

"Few attempts wer made to vaccinate soldiers against disintery chiefly on account of the severe toxic effects folloing subcutaneous injections of kild cultures, altho labor-

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atory experiments wer quite as favorabl to the efficacy of disintery vaccination as to that for the tyfoid fever, which shows once more that laboratory results ar no safe gide to results in practis.

We do not hear much from the authorities about these severe toxic effects, and perhaps we should not hav herd now wer there not a brand new and "superior" method to be extold.

To sho how bacteriologists giv reports to mislead the public we call attention to the fact that in the *Daily Mail* (London) of August 15, 1919, under the hed of "Triumphs of Bacteriology," it shows profylactic inoculation has diminisht or prevented colera and disintery in our eastern armies.

We replied to that at the time by quoting official figures for hospital cases of disintery at Solonica in 1918 at 58.6 per thousand. We hav very high authority for stating that disintery inoculation, which was used very littl (being so poisonus) was the beneficial caus of the diminishment of disintery which did *not* take place.

According to the findings of one of the bacteriologists at Pasteur Institute, Paris, the presence or absence of antibodies in the blood is no longer to be considerd the test of immunity.

This bacteriologist has also found that while a singl injection of ded bacilli increast the antibodies in the blood 400 times in 18 days, yet they fel away to normal in a month, and that successiv inoculations got no increas whatever.

The *British Medical Journal* in summing up these findings says, "The injection of massiv doses of kild disintery bacilli is followd by the production of specific agglutinin lasting for a very limited time only; the renewal of the injection so far from increasing the small quantity of agglutinin, is followd a month after by their complete disappearance. It would seem that after the first absorption of the organisms the intestin refuses to absorb any further quantity."

Antibodies Exploded.

Having been assured for years as an axiom of bacteriology

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that the amount of antibodies in the blood was the mesure of its resistance to diseas, we ar now told that:

"The production of antibodies should be avoided, for they ar acquired at the expense of bodily reactions which ar sometimes very serius."

If we can be made immune from diseas without either local or general reaction, the hitherto accepted theory of immunization gets another dislocating jolt.

The British bacteriologists ar advocating the taking by way of the mouth kild bacilli in ox gall, which they claim acts much better as a preventativ of disintery and colera than any subcutaneus method yet known.

The Times comments on this in their Aug. 31, 1920, edition as follows:

"The positiv effect is a new and easier type of vaccination. The negativ concerns the danger of los of immunity. May it be that we got tyfoid fever becaus we hav previusly swallowd some substance which, like the bile, robs us of our natural protection? Can any disturbance of our own biliary sistem work a similar effect? These results, if they ar confirmd, open a prospect of reserch which is almost limitless. They turn attention positivly from the seed to the soil, from germs to the men and animals who may harbor or be attackt by them."

If the medical profession begin to reconsider the soil, as wel as the hypothetical seed, their path may wend back a littl nearer to Nature and commonsense. Meanwhile the bacteriologists may be reconciled to the subversion of their dogmas in the prospect of "limitless reserch" for which the public wil hav to pay.

Results.

If the public wer to look in the returns of the Registrar-General for the practical justification of this "limitless reserch," this holocaust of tortured animals, these tons of manufactured filth for the blood poisoning of millions, the public wil hav trubl to find it.

In ten years the cancer deths per million hav mounted from 962 to 1,218. Diftheria, which we ar told has been abolisht,

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claimd 142 per million in 1918, one les than in 1909 and ten more than in 1917.

On the other hand, diseases *for which no antitoxin has been used,* such as croup, measls, scarlet fever, diarrea, hav hevily declined, the fall in ten years being respectively

Croup 7 to 1
Measls 356 to 289
Scarlet Fever 91 to 29
Diarrea 139 to 77

However, if they must vaccinate, it is better that they should vaccinate without reactions — harmlessly as wel as uselessly by way of the mouth.

The *"Star"* and the *"Sheffield Independence,"* Sept. 4, 1920, edition hav an identical leaderette on the subject, assuming that the oral method of vaccinating against enteric fever can be adopted for "preventing" smallpox also. These publications say: "The Pasteur Institute has discoverd that the method of vaccination ordinarily pursued—aplication under the skin — is not necessary after all. It seems that if we take our dose of ded germs *by mouth,* it is more effectiv.

Many rabbits of course hav had to be slain before the vivisectors could arrive at their new theory (for the vaccinator's thots ar nives), but the layman wil more redily extend his simpathy to the millions of children who hav sufferd the miserabl discomfort of inoculation and its after-effects — deth in many instances, gastly disfigurement in many others — *all for nothing.* And wil not the public vaccinators, who draw cosy incums from the practis of this now discredited theory of inoculation, look askance at the new theory? All that impressiv parafernalia of the lancet and the lether bag renderd useless at one fel blo. But we suppose the ingenuity of Pasteurism wil be equal to the task of retaining the fee in eliminating the work."

Whether the new method of swalloing disintery germs by the mouth, with or without a preparation of ox bile, wil be more popular than the old, remains to be seen.

What is the reason of a *Ministry of Helth?* Surely to abolish diseas. But — the profession livs, moves and has its being in *disease* and on DISEAS and by DISEAS. To suppose we shal abolish diseas by bringing the profession in organic re-

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lationship with administration is a flat contradiction of common sense. In proportion as diseas declined, doctors, like "old soldiers" would "fade away."

It would be just precisely as logical and sensibl to set up a council of "old soldiers" to abolish war, or of clergymen to abolish religion, or saloon-keepers to abolish the thirst for intoxicants.

"Every profession is a prejudice." It is redy at the shortest notis and on the first opportunity to exchange a saprofitic for a parasitic existence at the expense of the State.

In the Middl Ages the Church ruled and ruind. At other times the military profession hav seizd the steering gear of the State. Monarchs hav had to be abolisht owing to the selfishness and arrogance with which they subordinated the national interest to their own.

Now it appears *the star of medical tiranny* is in the ascendant, and those who welcumd or palliated the new Ministry of Helth or folded their hands in interested neutrality hav alredy begun to rue their complacence.

The *Daily Mail,* whose ignorant clamor helpt to hasten the advent of the Helth Ministry, now denounces it as a *"tipical wastrel body."*

We do not see how it is any more the business of the State to provide costly medical apparatus and drugs and vaccins and clinics and institutions and specialists than it is to provide everybody food and clothing and housing and amusements.

Plainly we ar to hav a multiplying horde of medical parasites quarterd on a disarmd and helpless public, poisoning and sucking its blood similtaneusly.

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THE DOG SAYS with Mark Twain

"I hav tried to understand why it should be considerd a kind of credit and a handsome thing to belong to a human race that has vivisectors in it."

As the printers wer about to close these page forms, my attention was calld to the Oct. 16, 1920, issue of *The Country Gentleman,* publisht by the Curtis Publishing Co., Philadelphia, Pa.

This articl appearing in such an old and honord publication, speaks more than words possibly can in expressing the trend of public opinion. The editorial accompanying this articl, and the articl itself speak volumes.

The *editorial* preceding the articl is in part as follows:

"Vivisection

"An articl entitld Vivisection, appearing elsewhere in this issue, throws a strong and sinister light upon the excesses of that practis.

"*The Country Gentleman* does not decry in any way the mighty works of modern sience, as a result of legitimate experimentation. . . . .

"But vivisection does not cum in any way under the hed of beneficial experimentation. This fact has been proved by sientists who ar as eminent as any of vivisection's supporters. At least half the medical profession opposes bitterly the vivisector's excesses. 'Fully half the remainder is frankly in dout as to vivisection's benefits. More than one medical journal has denounst it in unmesured terms.

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VIVISECTION*

By Albert Payson Terhune

A Kansas City woman was going home just after dark one winter evening. She took a crosscut that carrid her thru a vacant lot behind a big medical scool. A piteus moaning sound caut her attention. Exploring, she came upon a dog — or something that once had been a dog — lying in the blood-staind sno.

The woman pickt up the shivering and bleeding creature and carrid him to her home. There she examind him and calld in several reputabl witnesses to share her examination.

The waif was a half-grown puppy that had been used, among hundreds of others, for vivisection purposes and had then been tost out of the clinic windo to die. His body was in a state which cannot be described. Every torturing wound that can be inflicted on any creature — every torment that so-calld human ingenuity can frame—had been wreakt on the luckless pup.

The poor brute's rescuer and her frends wrout over the mangld reck of puppy-hood and at last brot the dog back to life and a semblance of helth. They did more. They printed his picture and his story on a post card — Mike was the poetic name they gave him—and then scatterd the cards broadcast thru the land. An enlarged fotograf of Mike hangs over my desk. In his dark eyes is a cronic look of suffering and of fear. Yet he is one of the very few vivisection subjects that has survived. Mike is lucky. The clinical torture chamber seldom givs up its victims until they hav paid the final dred toll to sience.

Vivisection has had its champions for centuries — men who hav sought to silence the protests of more humane folk by asking sternly:

"Is not a mere animal wel sacrificed if the sacrifice can teach sience the secret of saving some human life?"

That was a splendid argument. It might hav remaind so until this day. But, unfortunately for the vivisectors, several hundred illustrius physicians and surgeons hav cum forward of late years with the bald assertion that neither medicin nor surgery has ever been benefited in any way by the cutting up

*From *The Country Gentleman*, Philadelphia, Oct. 16, 1920, issue.

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of live animals. Fully half the medical fraternity ar of this opinion. And many members of the remaining half declare themselvs in dout.

Some of the Processes

Even in the days when part of the public stil believd the ancient surgical lie that vivisection was an aid in saving human lives, the folloing historical bit of repartee was formulated:

An English celebrity — Wilberforce — had been arguing against the hideus practis. A titld vivisector sought to silence him by thundering the asinine query:

"Wouldn't yu consent to hav a live dog cut to pieces to save your own child's life?"

"I would gladly consent to hav *yu* cut to pieces to save my child's life," anserd Wilberforce blandly, "but would that make it right?"

Vivisection is not a pretty theme; nor does its exampl make plesant reading. But it is something to be faced, like most other unplesant themes, and it is a subject that every humane American should understand in ful. I am going to cite some few exampls of it in the course of this articl. Not fictional or elaborated tales, but facts which ar backt by unimpeachabl affidavits. I could not exaggerate. It would be impossibl for anyone to exaggerate vivisection. Read and form your own conclusions as to the need for such a practis.

Briefly, vivisection is the cutting up and similar torturing of live animals, with the alleged idea of gaining from their torments certain biological and pathological facts designd to be useful in the treatment of human maladies. Here ar some of the processes:

A domestic animal, oftenest a dog, is stretcht, chest downward, on a prepared board. He is strapt there, spred-eagl fashion, his lips usually sewd or clampt together so that his screams shal not disturb outsiders or shake the operators' nervs.

Sometimes he is put under mild anesthetic. Oftener he is not. For his sufferings under extreme agony ar supposed to be worth nothing. When the throat is to be operated on the lips cannot be fastend.

"In these cases," says La Physiologie Operatoire, "to stop the cries of the animal, without hindering respiration, the

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windpipe is first dissected and a hole driven thru it. It is then lifted and a large nail past across it from behind. Dupuytren used to cut the recurrent laryngeal tubes to make the beast dumb."

Any one of a hundred operations ar performd. Sometimes the spinal cord is laid bare with a nife and tests ar made as to the sensations causd by the cutting or scratching or other sharp instrument of the cord. This is said to be the most excruciatingly painful torture known to sience. Or the hart is experimented on, in similar fashion, or some other organ is submitted to like anguish. Here is a verbatim account of one such operation, copied from a sworn affidavit:

"First, the scalp was cut at the base of the skul and then they cut the entire scalp loose and turnd it back over the eyes; one could see nothing but raw flesh on the hed. Then the animals wer trephined"— skul sawd open — "and the brain operated upon. . . . They would lift with forceps the skin of the brain and then operate either by cutting or with needls.—The animals yel most pitifully. They howl and moan; their agony becums so intense that they almost faint. . . . The cries ar more pitiful than any human ear can endure. . . . The surgeons hit the animals on the hed to keep them quiet."

Another operation deals with "a dog immovably fixt to the operating board, so that boiling water can be pourd into his intestins while he is alive." In another, "long flexibl tubes ar inserted at some convenient part of a superficial blood vessel and then pusht along into the different parts of the hart and deeper blood vessels; the jugular vein of the bound-down and muzzld animal having first been dissected." A medical footnote appended to the account of this last operation ads: "No information of specific value gaind, the vivisectors disagreeing stubbornly among themselvs."

If a dog survives one set of tests he is patcht up and returnd to the clinic's kennels for use on some other day. Some dogs undergo a half dozen operations or more before deth is merciful enuf to free them.

There is no need of going into ful details as to the surgical methods used, nor to cite all the copius medical notes that tel how many days a dog may liv on in torment after one

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part or another of its body has been cut away or with its brain or spinal cord exposed.

But here ar one or two tortures of a different form, that ar in common use. *(See Figs. A, B, and C, pages 366-367.)*

To test a dog's endurance of heat he is put in an oven that is glas coverd so that its occupant's every phase of agony can be studied. The most elaborate of these ovens is one devized by Claude Bernard, who invented the apparatus in order to record the better his own notes on the subject. He made a series of experiments along this line with dogs and cats and other animals and proved to his triumfant satisfaction that they could stay alive anywhere from ten to twenty minits in a stove heated to a temperature ranging from 200 to 300 degrees Fahrenheit. In these heat tests some dogs ar baked to deth and some ar merely boild.

A favorit method of obtaining pure gastric juice is to strap dogs in a row on a tabl, let them reach the point of starvation, then offer them platefuls of finely chopt meat. The famisht dogs gobbl this food eagerly, but that is all the good it does them. For a cut has alredy been made in the poor wretches' throats. The chopt food falls out thru this. A hole cut into the stomac allows the gastric juice to flo thru a tube into a receptacl placed to catch it.

Starvation and thirst ar common forms of tests, so that the effects on animals' sistems may be recorded.

A physician once described to me, laffing at his own story, a trick whereby he got hold of a vivisection subject. I do not vouch for the incident's truth, tho the narrator gave it to me as a fact. The clinic with which he was connected ran short of animals. To continue the day's work and to illustrate some needed point, another victim was necessary — and needed in a hurry. My doctor acquaintance volunteerd to go out and scout.

Before he had walkt a block he met a littl girl who was hugging to her loving hart a fluffy and loudly purring kitten. The doctor stopt her and praisd the beauty of her pet. He told her it was the prettiest he had ever seen and he beggd leav to borro it for a few minits to sho to some frends who wer "crazy about kittens."

Proud to hav her beloved chum admired by such an appreciativ stranger, the child willingly handed the kitten

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over to him, on his promis to return it to her in a few minits.

"For all I kno," he ended his chuckling recital, "the fool kid is stil standing on that corner, waiting for her cat!"

There ar horribl bits of pathos mingld with this carnival of animal tragedy. Witness Latour's account of a clinic he attended where the ferociously cruel Doctor Magendie of Paris, was demonstrating canine suffering to a clas of students.

"I recall a poor dog," rites Doctor Latour, in *L'Union Medicale,* "the roots of whose vertebrál nervs he desired to lay bare. The dog, alredy mutilated and bleeding, twice escaped from under the implacabl nife, and flung his fore-paws round Magendie's neck, licking his face as if to soften his torturer's hart and to plead for mercy. Vivisectors may laf at me, but I confess I was not abl to endure that pitiabl sight."

A companion story is told by Dr. Charles Bell Taylor, F. R.C.S., who describes the arrival of a littl pet dog at a college clinic. The dog, which had been taut tricks by some fond master, had becum lost in the streets. A dog catcher had pickt it up and had thriftily sold it to the medical college.

Into the clinic the littl dog was brot. At first it was inclined to regard professors and students alike as its dear frends. But presently the preliminaries of torture gave the clever puppy an idea of the black fate in store for it. Breaking away from its carelessly tied bonds, it turnd for aid to the only helpers its race has ever known — to mankind. Says Doctor Taylor:

"The dog, alarmd at the awful preparations, sat up and begd for its life of each assistant in turn. The students, moved by this pathetic appeal, endeavord to save the poor creature and offerd to buy it or to do anything in order that it might be set free, but in vain. It was cruelly tortured and brot back to the next lecture for a repetition of the process, under which it died."

Vivisectionists' Chief Retort

Now, naturally, there is nothing added to the case against vivisection by the fact that a frendly littl pup went round to his torturers one after another and sat up and begd his life of them, using the pretty trick that had doutless won him tidbits and pettings from the master who taut it to him. Nor hav I added solid testimony to antivivisection's claim

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in telling of the frantic dog that threw his paws round Magendie's neck and lickt the surgeon's face in a wild plea for life, tho many a cold-nervd man might perhaps hav slept il on the nite after he saw the look in either dog's eyes as they besought mercy from the merciless.

These dogs, like all their kind, lookt on men as their gods. And in the hour of agony and terror they prayd to their gods for help. Yu hav just red how their prayers wer anserd. Nor is there any special lesson in the kitten story.

No, there is no solid reasoning in any of the three cases I hav cited, nor in a hundred more I might cite, to prove that vivisection is rong. They ar mere instances of sentiment. And the chief retort of vivisectionists to their opponents is that anti-vivisectionists ar sentimental.

This, in spite of the fact that thousands of wize and practical peopl hav fought or ar fighting hard against vivisection — Mark Twain, Bismarck, Henry Ward Beecher, John Bright, Luther Burbank, Thomas Carlyle, Gilbert Chesterton, William James, Cuvier, William Lloyd Garrison, W. D. Howells, Humboldt, Cardinal Manning, Henry van Dyke, Stanley, General Sir Evelyn Wood, Lord Wolseley, Scott, Bernard Shaw, United States Senator Myers, and thousands of other great minds, among them innumerabl famed surgeons and doctors.

Yes, the opposition to vivisection is founded partly on sentiment. It is founded, largely, too, on the common-sense fact that it is a foolish waste to torture and kil animals for no good or useful purpose. But let's stick to the sentimental charge. Stop a moment and consider. Yu wil find that almost every fine and worth-while thing is founded on sentiment.

For exampl, every hospital and every charity and every church and every home is founded on sentiment. So is the Red Cross. So is the Christian religion. So wer the teachings of our religion's Founder. The Golden Rule and Christ's precepts of mercy and forgivness wer pure sentiment — not hard-harted utilitarianism.

Why then should the word "sentimental" be used as a term of reproach and of contempt in regard to the many thousands of sane men and women who ar fighting against vivisection?

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For that matter, vivisectionists hav sentimentalism to thank for the los of their very best subjects — namely, their fellomen. During hundreds of years, in the Middl Ages and erlier, certain classes of condemd criminals wer turnd over to the surgeons to be vivisected. In the course of time sentiment forbade this custom, and vivisectors wer robd of the chance to study the living human sistem at first hand, insted of making mere faulty comparisons between it and the sistem of tortured beasts.

Perpetuating Error

For centuries doctors hav been vivisecting animals, and with clocklike regularity one generation of surgeons has been refuting and denying and disproving the allegd discoveries of the generation that went before. Today, there is enuf honesty and clear vizion and progressivness in the medical profession to permit some of the foremost doctors to deny that any good results hav cum from the practis. Says Boucher, the French surgeon — made an offiser of the Legion of Honor for his great servises to humanity:

"The disappearance of vivisection — the suppression of experiments made on animals, experiments as useless as they ar painful — wil be a veritabl advance for sience and a benefit for humanity at large."

Sir Charles Bell, professor of surgery at Edinburgh University, goes even further. In his monumental work on The Nervus Sistem of the Human Body, he declares:

"A survey of what has been attempted of late years in fisiology wil prove that the opening of living animals has done more to perpetuate error than to confirm the just views taken from the study of anatomy and natural motions."

Dr. George Starr White, the California surgeon, has issued a remarkabl statement, flaying the practis. Here is a brief quotation from it:

"Some years ago, while visiting one of the largest laboratories in New York City, where vivisection is carrid on, I saw enuf to make any humane person hide his face in shame. When I calld attention to the torturing that was going on by varius doctors present, I was held up to ridicule. Dogs wer strapt to their stretchers and opend up without any anesthetic whatever. Yung 'doctors' stood round and jeerd at the agony and useless struggling of the dogs."

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Doctor after doctor has testified that the sistems of dogs and cats ar so utterly unlike those of humans that experiments on dum animals ar of no use at all in solving misteries of the human body.

Bil after bil has cum up in the varius legislatures and before Senate committees to put an end to the nameless vile practis of vivisectors or at least to regulate it into some semblance of mercy. But, always, the vivisectors ar on hand to block in every way the humane bils.

A Dr. B. A. Watson, of Jersey City, rote a pamflet calld, An Experimental Study of Lesions Arising From Severe Concussions.

One of his experiments consisted in hoisting dogs to the high ceiling by a pully and then letting the luckless beasts drop upon their backs to a grid of iron bars that wer placed just above the floor. This fall causd concussion of the spine. Some of the 141 dogs that the doctor dropt in this manner died more or les quickly. Others livd from a week to ten days.

The British Medical Journal had the brains and the decency to denounce Doctor Watson's experiments, as follows:

"A record of the most wanton and stupidest cruelty we hav ever seen cronicld under the guise of sientific experiments. Apart from the utterly useless nature of the observations, as regards human surgery or pathology, there is a callus indifference shown in the descriptions of the sufferings of the poor brutes which is positivly revolting."

Dr. W. S. Halstead, arch-vivisector, rites thus in the *International Journal of Medical Sience* of his tortures inflicted on thirty-one dogs:

"To satisfy my curiosity I made experiments D and E. . . . . I shal not record the rest of my experiments . . . becaus most of them now seem rather absurd to me."

I hav delt here, almost entirely, with the vivisecting of dogs. But horses and mules, as wel as dogs and cats, hav gon under the nife again and again for mere experimental reserch purposes.

Alienists—Doctor Bishop and varius others of high standing — hav taken a step further than the mere plea of needless cruelty in their arrainment of vivisectors.

They claim that vivisectors ar not actuated by any sientific zeal, but ar *mental degenerates*. In other words, that vivi-

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section is a recognized form of mental perversion — a savage mania which is known to the keepers of every madhouse. It is of the same order as the spirit which incites murderers of a certain type to rip their human victims' bodies to pieces.

Mark Twain's Arrainment

Mark Twain was more than a humorist. He was one of the wisest men of his day. And I am going to end this articl with his famus arrainment of vivisection and vivisectors:

"The pain which it inflicts upon unconsenting animals is the basis of my enmity toward it," he rote, "and it is, to me, sufficient justification of the enmity, without looking further. I hav tried to understand why it should be considerd a kind of credit and a handsome thing to belong to a human race that has vivisectors in it!"

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November 17, 1920.

To the Members of and Contributors to The Public School Protective League.

Dear Friends;—

From figures now available it appears that our proposed constitutional amendment (No. 6) Prohibiting Compulsory Vaccination was defeated by a majority of approximately 100,000 votes, 320,000 being cast for the measure and 420,000 against. However, outside of the cities of San Francisco and Oakland which together polled a vote of approximately 60,000 majority against us, the vote on the measure was remarkably close. Los Angeles county went in favor by a majority of about 5,000 in a total vote of over 200,000; Orange county was carried by a majority of 20; Ventura county was lost by less than 100, and the vote in some of the other counties was as close, the average majority against the measure being less than 1,000 in each county outside of the Bay District. Eight votes changed in each precinct would have carried the measure.

On account of the campaign of misrepresentation which was carried on against No. 6 and our inability to get general newspaper publicity, it is doubtful if the people really understood the measure and how to vote on it. From reports gathered throughout the state we find that eighty per cent of the parents of California school children are still on record in writing as being opposed to the practice of vaccination, and we are confident that another campaign for a similar measure, and with the benefit of the education of the last one, will be successful.

Plans are, therefore, now being considered for placing a measure prohibiting compulsory vaccination on the ballot at the next general election. Just how soon we shall commence this campaign has not yet been definitely determined but will be announced shortly.

In the meantime the League is preparing for the session of the legislature which convenes on the first of January. Legislation for medical control in the public schools, is, we understand, already prepared to be introduced at the coming session. The League will be represented, as it was two years ago, before the legislature for the purpose of protecting the

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rights of public school children and their parents against any restrictive measures.

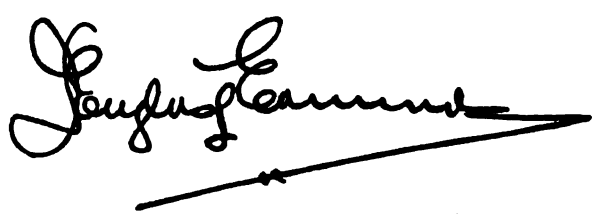
We are, however, in very urgent need of funds to complete the payment of bills incurred for campaign expense and enable us to take up next year's work. If you have received a bill for dues its prompt payment will be of particular assistance at this time and special contributions to assist in meeting our campaign obligations will also be much appreciated.

The League is now closing what is practically the fourth year of its work and while No. 6 did not carry, it is in a stronger position and in shape to do more effective work than it has ever been before. The campaign in behalf of No. 6 does not represent wasted effort for almost every person throughout the entire state knows of the League and its purposes, and the education which has been possible through this campaign is more than could have been accomplished in five year's work.

And we know that these results have been possible through the loyalty and co-operation of our members and we know that same support will make it possible for us to "Carry On."

Yours very truly,

THE PUBLIC SCHOOL PROTECTIVE LEAGUE,



Secretary.

722 VAN NUYS BUILDING
LOS ANGELES, CALIFORNIA

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AFFIDAVIT

STATE OF CALIFORNIA
COUNTY OF ALAMEDA

ADELAIDE DE LIMA and MANUEL DE LIMA, being each severally sworn depose and say:

That they reside at No. 2722 E. 9th Street, Oakland, California, where they have resided for the last two and one-half years; that they are the parents of six children, four girls and two boys.

That their youngest son, Daniel De Lima is seven years old and has been attending the Lazier Public School for one year. That in March 1920, the little boy was informed by the nurse at the Lazier School that he must be vaccinated. That Daniel protested against being vaccinated and told the nurse that his mother did not wish him to be vaccinated, but despite his objections and without notice to the parents, the nurse vaccinated him. That during the next few days his arm became swollen to twice its natural size and his entire body became affected and large black spots appear all over his body and the child had cramps in his legs and arms and could not stand or walk but had to be kept in bed; that a doctor was called to attend the child but after three weeks gave him up; that a second doctor was called and he took the boy to the Free Public Clinic, Grove and 32nd Street, Oakland, where a number of doctors worked over him; that after the boy had been one week at the Clinic, the nurse there informed one of affiants that he was suffering from rheumatism and tonsilitis and asked permission to operate on him.

That affiant refused to permit further operation whereupon she was ordered to take the boy home; that she did so and for eight weeks the boy has been at home in bed, a hopeless, helpless invalid. That no less than seven doctors have attended him during all this time and none can help him; but all pronounce him an incurable cripple. That the child is still under a doctor's care in the hope that something may yet be done to help him, but he suffers terribly and is wasting away day by day.

That before Daniel was vaccinated he was a perfectly healthy, happy, normal boy who played on equal footing with

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his fellows, but since, and from the day of his vaccination he has been and now is, a helpless, bedridden invalid, suffering untold pain and given up to die by the doctors. That all this trouble is due directly to his vaccination which was done without our knowledge and against our wishes while he was attending the Lazier School, a free public school of the City of Oakland, California.

(Signed) Adelaide de Lima

(Signed) Manuel de Lima (X his cross).

WITNESS: Manuel Crua
Charles Quayle.

Subscribed and sworn to before me this 16th day of August, 1920.

(Signed Charles Quale
Notary Public in and for the County of Alameda, State of California.

STATE OF CALIFORNIA
COUNTY OF LOS ANGELES

B. T. Bowles and Myra E. Bowles, being first duly sworn, depose and say:

That they reside at 427 California Street, Los Angeles, California, and are the father and mother respectively of Raymond Bowles, a student regularly enrolled in the Central Intermediate High School of said city; that on October 7th and 8th, 1920, Raymond was ill and had a fever and that his mother gave him, as a remedy which had been used for her children many years, senna tea; that whenever such tea had heretofore been given that it frequently resulted in the one to whom it was given breaking out; that on Monday, October 11th, Raymond returned to school and was at that time perfectly well; that on the following day he broke out with pimples or a rash similar to hives and was excluded from the school and ordered to report to the health officer of the city of Los Angeles who pronounced him suffering from smallpox and quarantined the family at their home on account of such alleged smallpox; that such quarantine was continued from

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the 12th day of October until the 3rd day of November, 1920, continuously, when it was discharged.

That at no time during said quarantine was Raymond ill nor confined to bed but was at all times up and around the house and in the yard, nor did he ever have smallpox.

That Harold Bowles, the son of the affiants, was at the time of the quarantine and now is regularly enrolled as a student of the Hollywood High School and Leroy Bowles, another son of affiants, was at the time of the quarantine and now is enrolled as a student at the California school, and that the unvaccinated students at the Hollywood High School, Central Intermediate School and California school were excluded from said schools under the orders of the health officer of the city of Los Angeles on account of said alleged case of smallpox.

Dated at Los Angeles, November 9, 1920.

(SGD) B. T. Bowles,
" Myra E. Bowles

Subscribed and sworn to before me this 9th day of November, 1920.

(SGD) Douglas L. Edmonds
Notary Public in and for the County of Los Angeles, State of California.

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RESOLUTIONS

Adopted at Banquet, Second Annual Meeting
American Medical Liberty League,
Chicago, October 26, 1920

We demand the abolition of State Medicine; that is, the severance of Medicine from the Government, in the same manner and degree in which Church and State are separate.

We hold all medical laws to be class legislation, therefore unconstitutional; and wherever the citizen's rights are so grossly trespassed upon as to force him to appeal to the courts for protection, we recommend that such appeal be made on constitutional grounds.

We propose to lead an aggressive defense of human rights in this field, in the courts, in legislatures and by the distribution of informing and awakening literature.

We regard freedom to choose as the primary contention to be made, leaving freedom to practice to take its proper and secondary place, since freedom to choose properly safeguarded insures freedom of the practitioner to serve.

We urge the introduction into all legislatures of the two bills prepared for the League. No. 1 is a Bill to prohibit interference in freedom of choice. No. 2 makes all practitioners of the healing art or persons educated in such profession, ineligible to positions as health officials.

We advocate the substitution of sanitary boards in place of health boards, with sanitary engineers in control of the same.

We demand the expulsion from the public schools of the medical interlopers who are there surreptitiously, interfering with school work, dictating to parents, using the teaching force as their agents in carrying out their nefarious purposes, under the plausible but false pretense of protecting the health of the children, and destroying the free and public character of our educational system.

We denounce the medical legislation proposed in Congress as highly dangerous to the life and liberty of the people.

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More specifically, we regard the Sheppard-Towner Bill, under which prospective mothers and all infants up to one year are to be placed virtually under the control of doctors of the Public Health Service, making Uncle Sam an obstetrician and nurse, as an outrageous proposal, revolting to womanhood in the inquisition proposed to be set up for prying into private and personal affairs, and instead of lessening, inevitably and enormously increasing the pains and perils of maternity.

The Capper-Fess Bill in Congress, placing all the young, between the ages of 6 and 18 years under the supervision of "Regular Doctors" of the Public Health Service, is destructive of parental responsibility and demoralizing to all concerned.

The Department of Health Bills, and more particularly that fathered by Senator France, a medical man and member of the American Medical Association, which proposes physically to examine, card-index and label every man, woman and child in the country,—all these are despotic and intolerable and will leave nothing worth calling liberty to anyone.

We oppose the torture of animals in what is called laboratory research, as unspeakably cruel to them, evil in its effects upon the art of medicine, and debasing to the men who are schooled to it, rendering vivisectors dangerous to employ as physicians.

We denounce as vicious and highly immoral the present crusade against venereal disease, by which the innocent and healthy are branded as victims of vile diseases in countless cases on the mere result of the Wasserman test, and compelled to submit to a form of drug medication held by many physicians to be more destructive to health than the disease it is supposed to cure.

We urge the wider and ever wider utilization by medical liberty organizations and individuals of The Truth-Teller, Battle Creek, Mich., and extend grateful appreciation to W. S. Ensign for his self-sacrificing and disinterested labor in publishing at his own cost and risk that live medical liberty newspaper, which is adopted as the official journal of this League.

We extend a hearty vote of thanks to the management of the Hotel Sherman for their unfailing courtesy and hospitality

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to the American Medical Liberty League during the entire life of the Second Annual Meeting now closing.

We declare our appreciation of the service rendered by the press of Chicago in having our sessions covered by reporters.

We recommend a whole-hearted support and use of the service of the Citizens' Medical Reference Bureau, 145 W. 45 St., New York City, as an indispensable means of information to our whole movement.

WHEREAS: Medical research work, as practiced, includes vivisection which means inexpressible torture to sentient beings;

WHEREAS: We believe that Red Cross Societies were primarily founded to assurage suffering and not to cause it;

Therefore be it Resolved: That we, the American Medical Liberty League protest against the Red Cross establishing or supporting medical research laboratories;—that we protest against the use of Red Cross funds for medical research and animal experimentation:— 2ndly: All members are urged to refuse to contribute to the Red Cross until such time as the Red Cross shall go on record as severing all connection, financial or otherwise, with medical research work and animal experimentation and laboratories founded therefor.

AMERICAN MEDICAL LIBERTY LEAGUE

64 E. VAN BUREN ST., CHICAGO

President—FRANK D. BLUE.
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THE GERM-CARRIER BUG AT WORK—YOU MAY BE THE NEXT

Copy of letter sent out, *for the good of Humanity,* by the American Medical Liberty League of which I am proud to be a member. This case is now—a year later—stil in the courts. A ful report of same can be had from the Secretary of the League. It is mighty interesting reading and wer it not for "big interests," every publication in the U. S. A. would run "leader" articls regarding same.

AMERICAN MEDICAL LIBERTY LEAGUE

A citizens' movement for Medical Liberty on the same basis as religious liberty.

December 20, 1919.

Mrs. Jennie Barmore, 100 West 113 Place, Chicago, has been pronounced a "Typhoid carrier" by an arbitrary and germ-obsessed health officer. She has been forbidden, for so long as she lives, ever cooking or serving food to anyone, though keeping boarders has for seven years been her means of livelihood, and she has a disabled husband to support and a partly paid-for home on her hands.

She is 65 years of age. In the past seven years she has had 75 boarders all told, and never has had a case of typhoid in her house, though in that time two of her boarders were taken ill, went to hospitals and had typhoid before they left the hospitals.

She herself says she has never had typhoid.

She wants to make a fight for her rights, but has no means with which to do it. Members of this League have urged that the League make its presence felt by taking up her fight. Investigation shows her case to be a good one in every way and the lady herself to be a woman of character and "sand."

Circumstances not permitting of delay if we do this at all, Clarence S. Darrow the famous lawyer has agreed to take the case, and yesterday afternoon, with legal advice, the first steps were taken in what promises to be a notable fight, attracting wide attention and having far-reaching effects.

When a man of Mr. Darrow's standing will lay aside his great law practice personally to fight for the rights of a hum-

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ble citizen we should back him up with every ounce of force morally and financially possible.

It is a fight that will have to made sometime, that ought to have been made long ago, and we believe every member will be proud to have it made now and to be a part of the force to free our country of a superstitious rule as dangerous as the witchcraft persecutions of long ago.

Here is a subscription blank which we hope to receive back promptly from every one with such amount as he or she can contribute or collect from others. At this Christmastide let one and all do something for this persecuted woman, and at the same time do a telling stroke for MEDICAL LIBERTY.

AMERICAN MEDICAL LIBERTY LEAGUE.

Lora C. Little

Secretary.

I hereby pledge the sum of $..... toward the Barmore Typhoid Carrier Test case expenses, the same to be paid 19

Signature .....

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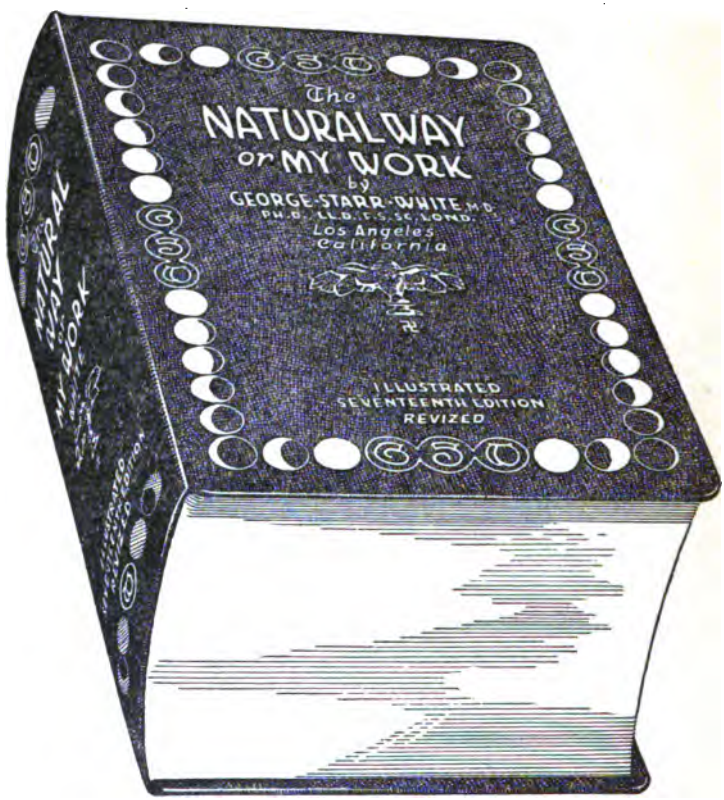

To those who ar interested in the aiding of suffering humanity, this unique volume wil be an ever increasing source of enlightenment and joy. It is the "last word" in *The Natural Way* of diagnosing and treating those who hav transgrest Nature's laws.

The first sixteen editions wer sold as fast as they came from the pres. This *seventeenth* edition is entirely reritten and profusely illustrated by new and original pen-and-ink drawings.

Bound in lether and gold stampt.

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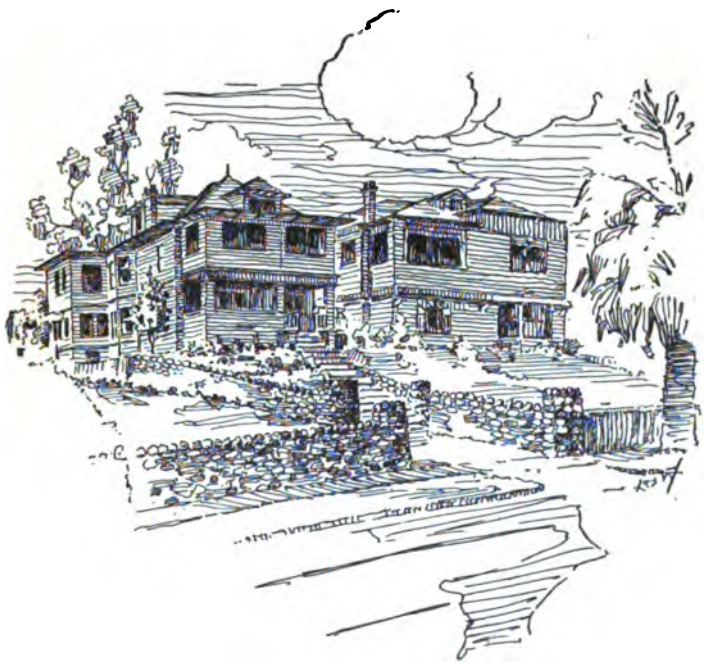

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FROM AFFIDAVIT IN OFFIS OF AMERICAN MEDICAL LIBERTY LEAGUE

Joseph Paulinsky, 9 years old, little son of John Paulinsky, 4127 W. 21st Place, Chicago, was vaccinated for the fifth time on February 10th, 1919. Previous vaccinations had not been "successful." This one was. He was taken sick two days later, the blood-poisoning reached a stage where his arm had be amputated to save his life, on Feb. 24th. Then, lest he have pneumonia, he was inoculated with pneumonia "serum." He died March 5. The death certificate reads, "pneumonia;" no mention of vaccination. This is the way thousands of vaccination deaths are concealed. A "welfare nurse" who does not approve of vaccination chanced upon this case and gave the League the facts. Help the League get the truth to the public. Read this leaflet through.

FOR YOU TO CONSIDER

Children by the tens of thousands annually are poisoned, their vitality lowered, some few killed outright, others destined to suffer while they live, through vaccination which has been directly or indirectly forced on them—not voluntarily sought by their parents.

Workers in immense numbers are similarly treated and with similar results.

A third and still larger class has come recently under the temporary control of the vaccinator.

This mischief is done by the government (city, state and nation) of which YOU are a part. If you do not approve of it, what are you doing to end it? You give your tacit consent and are therefore responsible unless you are taking steps to end it. Our government has provided the method for making the change. It is the only lawful method—that is, by appealing to law-making bodies. Experience has shown that the rooting out of a widespread abuse requires, for a successful appeal to law-makers, that it shall be backed by a powerful organization.

The organization is under way and growing. Every opponent of compulsory vaccination should enroll without delay, get in touch with headquarters and give such assistance as

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lies in his power. Membership fee, $2.00, carries with it a subscription to the (semi-monthly) Truth-Teller, the only medical liberty newspaper in the world. Members are also entitled to information and advice when their rights in the field of medical liberty are assailed.

THE AMERICAN MEDICAL LIBERTY LEAGUE
1104 Steinway Hall, 64 E. Van Buren St.
Chicago, Ill.

League Platform:

Medical liberty on the same basis as religious liberty and with the same constitutional guarantees.

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Detach here, sending in these sections.

APPLICATION FOR MEMBERSHIP

AMERICAN MEDICAL LIBERTY LEAGUE,

1104 Steinway Hall, 64 East Van Buren St., Chicago,

Membership $2 a year, which covers subscription to The Truth-Teller.

Please enroll me as a member.

Name .....

Address .....

and send Truth-Teller to

Name .....

Address .....

I pledge for work of above League, $..... per year in addition to membership, same payable (quarterly) (monthly).

Received of .....

Address .....

$2.00 for membership, including *The Truth-Teller* one year.

$..... for contribution.

For AMERICAN MEDICAL LIBERTY LEAGUE.
1104 Steinway Hall, Chicago

Date.....

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Read, study and digest the few figures given below. Then answer the question;

WHAT KILLED SO MANY MEN IN OUR ARMY CAMPS IN THE INFLUENZA EPIDEMIC?

Deaths from Public Health Service Reports, Ten Weeks, Sept. 20, to Nov. 29, 1918.

	Population	Deaths	Rate per 100,000
Whole United States (official estimate) (This includes all the ailing, all the weaklings, all the Army "rejects," all slum population. Had all sorts of treatment.)	110,000,000	350,000	318
Soldiers in Camps in U. S. (Round numbers, at signing of armistice.)... (The most robust and resistant class of all. Had only allopathic treatment, *on top of a course of vaccinations and inoculations a little earlier.*)	1,500,000	21,994	1,466

The following persons are interested in medical liberty, and should receive literature;

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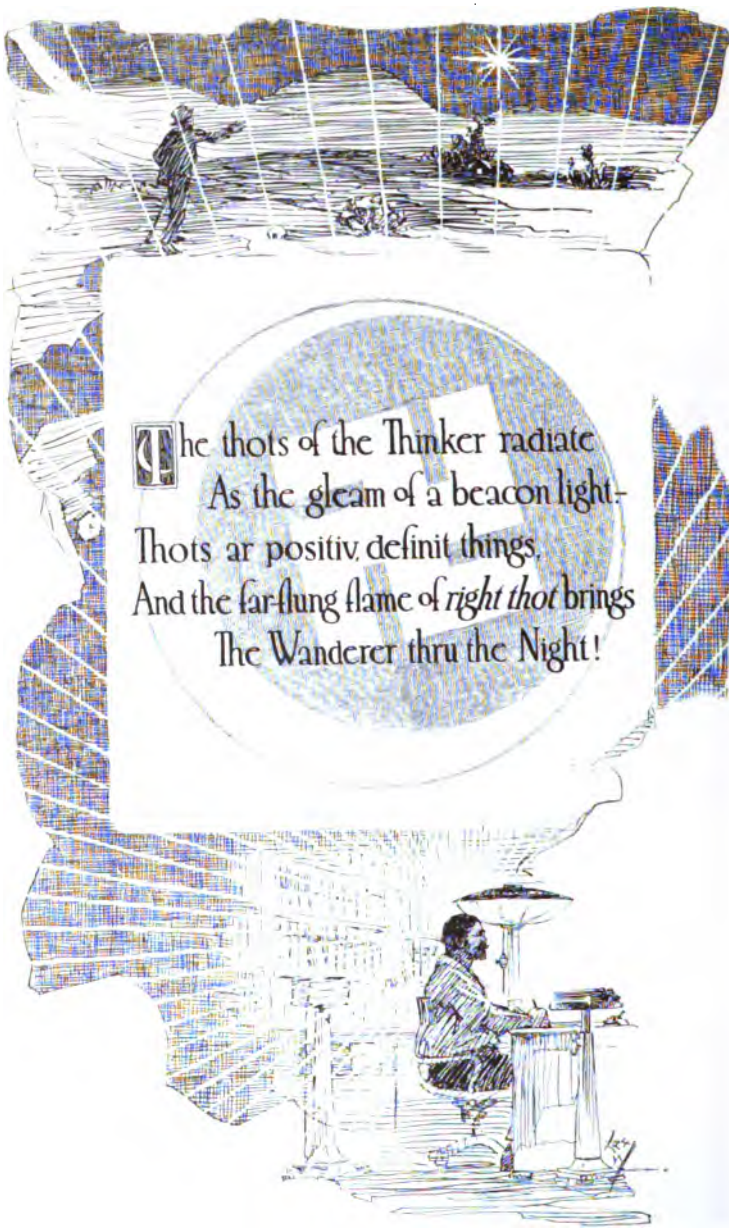

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Yours for helth thots
Geo. Starr White, M.D.

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